

Hypoglycemia Quick Card - Recognize, Treat and Prevent Low Blood Sugar

What is hypoglycemia?

- ① Low blood sugar (< 4.0 mmol/L) + ② Presence of autonomic or neuroglycopenic symptoms + ③ Symptom response to carbohydrate

Common signs and symptoms

Autonomic	Neuroglycopenic	
Early	Later	Severe
Trembling Palpitations Sweating Anxiety Hunger Nausea Tingling	Difficulty concentrating Confusion Weakness Headache Dizziness	Drowsiness Vision Changes Difficulty Speaking Unconsciousness

④ Severe low blood sugar

- Neuroglycopenic symptoms present & mental status altered
- **Requires the help of another person**
- Blood sugar usually < 2.8 mmol/L
- **If unconscious** → give 3 mg intranasal glucagon (Baqsimi) OR 1 mg SC/IM
- **If able to swallow** → eat 20 g fast-acting carbohydrate



① Check your blood sugar



Normal fasting range:
4.0 - 7.0 mmol/L

If your blood sugar is:
less than 4.0 mmol/L

② Treat with 15 g of fast-acting carbohydrate



15 mL (1 tbsp) of honey



150 mL of juice or regular soft drink



6 Life Savers™ candy



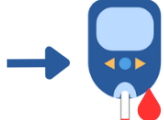
15 g of glucose in form of glucose tablets



15 mL (3 tsp) of table sugar dissolved in water

③ Recheck in 15 minutes

15 min



Less than 4.0 mmol/L
4.0 mmol/L or greater

⑤ After a low

Next meal less than 1 hour away



Next meal more than 1 hour away

Eat a carb snack with protein:



2 tbsps peanut butter on a slice of toast

7 crackers and a piece of cheese



Blood sugar must be: 5 to drive!

After treating a low, your brain may take up to 40 minutes to recover

⑥ Prevent low blood sugar



- Eat usual snack or meal at the time of day the hypoglycemia event occurred



- Test your blood sugar regularly!



- Plan for exercise → eat food or adjust insulin



- ALWAYS eat carb foods when drinking alcohol

Low blood sugar? Remember:

TREAT → RECHECK → REPEAT UNTIL 4.0 OR HIGHER

- Talk to your healthcare provider if you are having lows
- Check out [Diabetes Canada](https://diabetes.ca) for educational resources