

Treatment of Low Blood Sugar

What is a Low Blood Sugar?

- Low blood sugar happens when your blood sugar level goes below 4 mmol/L

What are the Signs?

- Shaky
- Dizzy
- Sweaty
- Tired or weak
- Blurred vision
- Hungry
- Fast heart rate
- Headache
- Irritable
- Acting or speaking funny

How to Treat a Low Blood Sugar:

1. If you feel that your blood sugar is low then test your blood sugar
2. If your blood sugar is less than 4 mmol/L you need to take a fast acting sugar. Never treat a blood sugar that is more than 4 mmol/L.
3. Treat with one of the following choices:



3/4 cup of regular pop



3/4 cup of juice



1 tbsp of regular jam



1 tbsp of sugar



3 - 4 glucose tablets



1 tbsp of syrup



1 tbsp of honey



6 -10 jelly beans



2 - 3 hard candies

* chew candies quickly

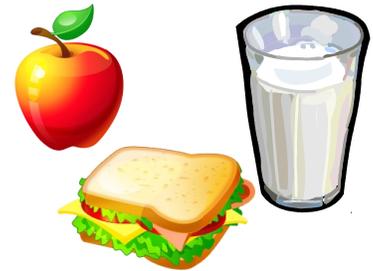
4. Wait 15 minutes and then retest your blood sugars
5. If your blood sugar is still below 4 mmol/L, treat with a fast acting sugar again

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How to Treat a Low Blood Sugar:



6. Continue to retest and retreat as needed until your blood sugar is above 4 mmol/L
7. If your next meal is more than 1 hour away or you are going to be active eat a snack
 - Your snack should have a protein and a starchy food
 - Example of protein foods:
 - 1 slice of block cheese
 - 1 yogurt cup
 - 1 cup of milk
 - Lean meat the size of a deck of cards - fish, wild meat, chicken, beef, pork, etc
 - 3/4 cup of beans
 - 1 egg
 - 1 tbsp of peanut butter
 - Examples of starchy foods:
 - 1 small fruit
 - 1 slice of brown bread
 - 4 crackers
 - A piece of bannock the size of a deck of cards
 - Half a bun
 - A bowl of cereal



Important to Know:

- Always carry a fast acting sugar with you to treat a low
- Make sure someone knows your signs of low blood sugar and how to treat it
- If you have several lows you need to contact your healthcare team



What Causes a Low Blood Sugar?

- Doing more activity than usual
- Skipping meals or snacks
- Eating meals or snacks later than usual
- Eating less than usual
- Taking too much diabetes medication
- Drinking alcohol on an empty stomach

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