

## Hypoglycemia

Blood glucose less than 70 mg/dl or symptoms

**Causes:** Not enough food, delayed or missed meal; more physical activity than usual; too much diabetes medication; drinking alcohol without food

### Rule of 15:

- Take **15 grams** of rapid acting carbohydrates for blood sugar 70 or less.
- Wait **15 minutes**; then retest your blood sugar.
- Blood sugar should be over 90 mg/dl.
- If a meal is more than one hour away, have a snack containing carbohydrate + protein.

### What Should I Take?

| FOOD  | AMOUNT                       | CARB GRAMS |
|---|------------------------------|------------|
| Glucose Tablets   | 4                            | 16         |
| Skim Milk   | 1 cup (8 ounces)             | 12         |
| Fruit juice:<br>(Orange, apple, pineapple, grapefruit)                                      | $\frac{1}{2}$ cup (4 ounces) | 15         |
| Gatorade  | 1 cup (8 ounces)             | 15         |
| Regular soft drink  | $\frac{1}{2}$ cup (4 ounces) | 15         |
| Smarties  | 2 rolls                      | 13         |
| Skittles  | 15 pieces                    | 15         |
| Starburst   | 4 pieces                     | 16         |
| Mentos  | 5 pieces                     | 15         |
| Raisins   | 2 tablespoons                | 15         |
| Cannot swallow--Rub into gums:<br>-Brown Sugar  | 4 tsp                        | 12         |
| -Honey or dark corn syrup   | 1 tablespoon                 | 15         |
| -1 -0.67 oz tube Cake decorating gel-must cut off tip before use-rub into gums/inner cheeks | Entire tube                  | 15         |