

Monitoring and Managing Low Blood Glucose Level

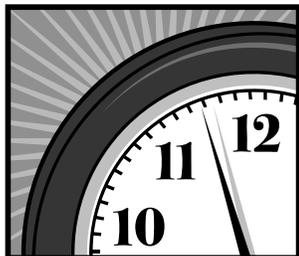
Step 1: Test your blood glucose

Step 2: If your blood glucose is below 70 mg/dl OR if you have feelings or signs of hypoglycemia and cannot test, choose a treatment for low blood glucose from the list below.



Low Blood Glucose Treatment (10-15 grams of carbohydrate)

Glucose or dextrose tablets 3 or 4 tablets	Glucose or dextrose gel 15 grams
(Note: Glucose tablets or LifeSavers™ are sources of sugar that you can carry with you.)	
2-3 tsp honey	1 Tbsp white sugar
4-5 small hard candies (with sugar, chew candies)	5-6 large jelly beans
4-5 small gum drops	4-6 oz (1/2 – 3/4 cup) regular soft drinks
4 oz (1/2 cup) orange or apple juice	1 Cup skim milk



Step 3: Rest for 15 minutes.

Step 4: Test your blood glucose again.

Step 5: If your blood glucose is still low, repeat steps 2, 3, and 4. If your blood glucose is normal go to step 6.

Step 6: If you missed a meal or snack or if one is due in the next hour, eat it now. If you are not due to eat a meal or snack, eat an extra snack with about 15 g carbohydrate and some protein and fat. **Here are some ideas:**

One cup of milk or sugar-free yogurt	Half of a burrito or quesadilla	Half of a sandwich
3 cheese or peanut butter sandwich crackers	Small piece of fruit and an ounce of low fat cheese	

Step 7: Seek medical help immediately (dial 911) if your blood glucose is still low after 30 minutes and 2 treatments. If you pass out, you may need a glucogen injection or intravenous (IV) glucose.

Sources: American Diabetes Association, American Dietetic Association

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