



District Endocrine

How to Rescue Low Blood Sugar

Definitions:

- Low blood sugar is < 70
- Severe low blood sugar means you are unable to help yourself when sugar is low
- Sometimes if you have had high sugar for a long time, you might have symptoms of low blood sugar even when sugar is just in the normal range. The body will adjust to this.

- Glucose tablets are available over the counter and a bottle of 50 tablets costs about \$7.
- Here's what to do:
 - 1. Eat 16g glucose,
 - 4 glucose tablets OR,
 - 6 oz apple or orange juice OR,
 - 4-5 packets of sugar in water
 - Chocolate is not a good course for correcting hypoglycemia due to higher fat content
 - 2. **sit on your hands for 15 minutes** and then recheck sugar
 - 3. If sugar is still < 100 , repeat step 1 & 2 until sugar > 100
 - 4. Once sugar > 100 , eat a small mixed snack (protein, fat, carb) to maintain your glucose in the normal range.
 - Examples of mixed snack
 - Cheese and cracker
 - Peanut butter and apple slices
 - Half of a turkey sandwich
- **Avoid overtreatment** -- we don't want to have a glucose of 300 afterward, because chasing high blood sugar is a losing game.



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- Think about what caused your low; We need to find and correct the cause.
 - Did you miss a meal?
 - Exercise?
 - Miscalculate how much insulin you needed?
 - Taking a new medication?

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Disclaimer:

This article is not medical advice. It is intended for general informational purposes and is not meant to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you think you may have a medical emergency, immediately call your physician or dial 911.