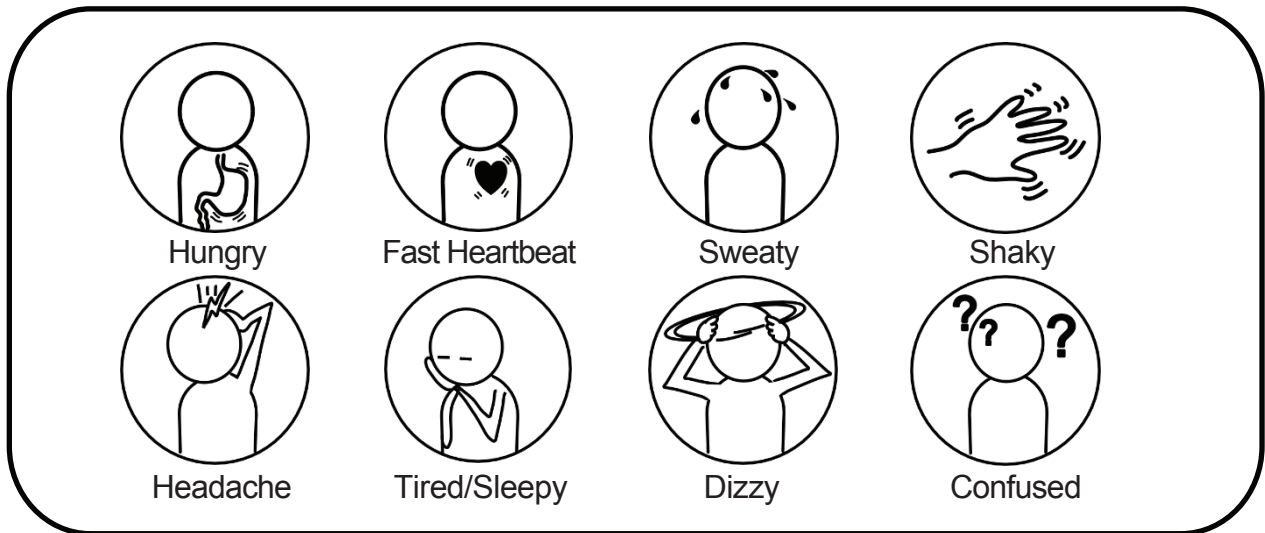


Low Blood Sugar (Hypoglycemia)

Low blood sugar is a reading of below **4.0 mmol/L** on a glucose meter or sensor. This can be unsafe if you're taking some diabetes medicines, especially insulin.

Know the signs of low blood sugar



Treat low blood sugar quickly

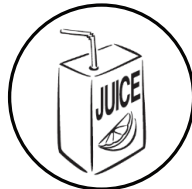
1. Eat 15 grams of fast-acting sugar. Examples include 1 of the following:



Dex 4 Glucose
4 tablets



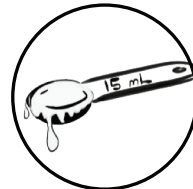
Regular Pop
175 mL
(3/4 cup)



Juice
175 mL
(3/4 cup)

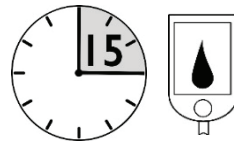


Candies
3 large



**Sugar, jam,
honey or syrup**
15 mL (1 tsp.)

2. Wait 15 minutes. Check your blood sugar again.
If it's below **4.0 mmol/L**, eat another 15 grams of fast-acting sugar.



3. Once your blood sugar is over **4.0 mmol/L**, eat one starchy food (7 crackers or one piece of bread) and one protein (cheese or peanut butter) if your next meal is over an hour away. Talk with your healthcare team about this step.

Important things to know

1. If you have type 1 diabetes and can't treat a low blood sugar yourself, someone may need to give you a glucagon injection. Ask your healthcare team about this medicine.
2. If you plan to drive after treating a low blood sugar:
 - **Wait 40 minutes** before driving
 - Make sure your blood sugar is **5 mmol/L or more before you drive**
 - Know that driving skills are impaired after a low blood sugar. Ask your healthcare team for the Diabetes and Driving Handout.



Low blood sugar is unsafe

- Low blood sugar puts you at higher risk of accidents, falls, and unclear thinking. It slows down the reaction time of your body and your mind.
- Frequent low blood sugars can lead to losing early warning signs like sweating, fast heartbeat, etc. Low blood sugars that aren't noticed and aren't treated could lead to confusion, loss of consciousness, or seizures.

Prepare for and prevent low blood sugar

- Always carry fast-acting sugar and a glucose meter if you are at risk for low blood sugar.
- Learn how to prevent low blood sugar. Possible causes of low blood sugar are:
 - missed or late meals or snacks
 - less carbohydrate than usual
 - more physical activity than usual
 - alcohol on an empty stomach, or too much alcohol
 - too much diabetes medicine
- Talk with your healthcare team if you have low blood sugars. Your diabetes medicines might need to be adjusted.

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AHS appreciates the assistance of the Mosaic PCN Refuge Health Clinic for translated versions.