Low Blood Sugar

- Mood Swings
- Weakness
- Headache
- Blurred Vision
- Dizziness
- Sweating
- Hunger
- Trembling
How to Treat Hypoglycemia (Low Blood Sugar): Conscious Individual

Treat the hypoglycemia promptly, even if it occurs right before a meal.

If possible, take a blood glucose reading with a finger prick right away.

**Level between 2.8 and 3.9 mmol/L**

- Take 15 g of carbohydrates (one of the following examples)
  - 3 Gluco5g tablets
  - 4 Dex4 tablets
  - 1 bottle (59 ml) of liquid Dex4
  - 150 ml (½ cup) of fruit drink
  - 150 ml (½ cup) of regular soft drink
  - 15 ml (1 tablespoon) of honey, maple syrup or corn syrup
  - 15 ml (1 tablespoon or 4 packets) of sugar dissolved in water

Wait 15 minutes while resting.

Retest blood glucose (sugar) levels.

**Level less than 2.8 mmol/L**

- Take 20 g of carbohydrates (one of the following examples)
  - 4 Gluco5g tablets
  - 5 Dex4 tablets
  - 200 ml (1 individual box) of fruit drink
  - 200 ml (≈3/4 cup) of regular soft drink
  - 20 ml (4 teaspoons) of honey, maple syrup or corn syrup
  - 20 ml (4 teaspoons or 5 packets) of sugar dissolved in water

Eat a snack or a regular meal.

If either one is scheduled for more than an hour away, eat a snack containing 15 g of carbohydrate + a protein source.

Ex: 2 plain tea biscuits and 125 ml (1/2 cup) of milk; 1 slice of bread and 30 g (1 oz.) of cheese.

**Level less than 4 mmol/L**

- Try to identify the cause of the hypoglycemia.
  - (lack of carbohydrates, over-exercising, error in the schedule or the dose of insulin or other diabetes drugs, stress, alcohol consumed without food)

**Attention!** Diabetic individuals who take acarbose (Glucobay®) along with insulin or an insulin secretagogue must have their low blood glucose treated with glucose (3 tablets of Gluco5g, 4 tablets of Dex4), 15 ml (1 tablespoon) of honey or 300 ml (1¼ cup) of milk, because the absorption of these specific foods is not blocked by the acarbose’s action.

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1. Gliclazide (Diamicron® and Diamicron MR®), Glimépiride (Amaryl®), Glyburide (Diaβeta®, Euglucon®), Repaglinide (GlucoNorm®).