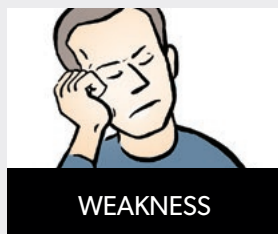
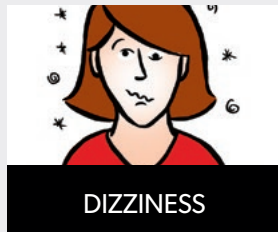
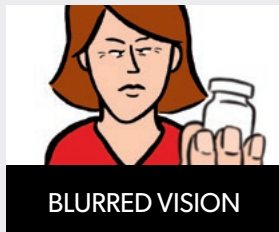


Symptoms



Symptoms of nocturnal low blood sugar

- Sweating
- Nightmares
- Restless sleep
- Headache on awakening

What can cause low blood sugar?

- You skipped or delayed your meal.
- You ate fewer carbohydrates (sugars) than usual.
- You did a physical activity intensively or over a long period of time without adjusting your treatment or eating any carbohydrates.
- You drank alcohol on an empty stomach.
- You took too high a dose of your diabetes medication.

Who is at risk of low blood sugar?

- You are taking a drug from the insulin secretagogues class:
 - Gliclazide (Diamicon® and Diamicon® MR),
 - Glimepiride (Amaryl®),
 - Glyburide (Diabeta®),
 - Repaglinide (GlucoNorm®).
- You inject yourself with insulin.

Questions about diabetes?

InfoDiabetes Service

514-259-3422

1-800-361-3504

infodiabete@diabete.qc.ca

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Diabetes  Québec

Low Blood Sugar

Symptoms and Actions to Take



How to treat low blood sugar

1

Measure your blood sugar.

If you have a glucose monitoring system and the result does not match your symptoms, verify your result with a fingertip reading.

2

Result between 2.8 and 3.9 mmol/L

Immediately take **15 g of fast-absorbing carbohydrates**:

- 4 tablets of Dex4®;
- 15 ml (1 tbsp) of corn syrup, honey or maple syrup;
- 15 ml (1 tbsp or 4 sachets) of sugar dissolved in water;
- 150 ml (½ cup) of a **regular** soft drink, fruit beverage or fruit juice;
- 18 to 20 g of hard clear candy (e.g., 6 Life Savers®).

Result of less than 2.8 mmol/L

Immediately take **20 g of fast-absorbing carbohydrates**:

- 5 tablets of Dex4®;
- 20 ml (4 tsp) of corn syrup, honey or maple syrup;
- 20 ml (4 tsp or 5 sachets) of sugar dissolved in water;
- 200 ml (¾ cup) of a **regular** soft drink, fruit beverage or fruit juice;
- 25 g of hard clear candy (e.g., 6 Life Savers®).

3

Wait for 15 minutes while resting.

4

Measure your blood sugar again.

If the result is less than 4 mmol/L:

Treat again by following steps 2 to 4.

If the result is 4 mmol/L or more:

If your next meal is scheduled to be more than an hour away, have a snack containing 15 g of carbohydrates and a source of protein (e.g., 1 slice of bread with 30 g (1 oz.) of cheese).

Wait 40 minutes after treating low blood sugar before getting behind the wheel of a vehicle.

Find the cause of the low blood sugar and take steps so that the situation does not happen again.



You are unconscious and need assistance from another person. This person should:

1. Lay you on your side and not make you drink or eat anything;
2. Stop your insulin pump, if you are wearing one;
3. Administer glucagon (by nose or injection);
4. Call 911;
5. Check your blood sugar 15 minutes after administering glucagon.

If you regain consciousness:

Take 15 g of fast-absorbing carbohydrates.

If you tolerate it:

Take an additional 30 g of carbohydrates with a source of protein (e.g., a bowl of cereal with milk).

You will need emergency care at home provided by an emergency service, or you should be rushed to the hospital if:

- You do not regain consciousness;
- You are not able to tolerate taking 15 g of fast-absorbing carbohydrates;
- You are confused;
- You are having seizures.