

CHECKLIST

for a person living with
Type 2 diabetes



InfoDiabetes Service
Diabetes Québec

514 259-3422 • 1 800 361-3504
infodiabete@diabete.qc.ca

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- A diet high in carbohydrates
- A mistake in the medication to treat diabetes
- Physical stress : illness, infection
- Psychological stress
- Less physical activity
- Taking certain medications (ex.: cortisone).

Target blood sugar values

for most people living with diabetes

2 hours after the beginning of a meal:

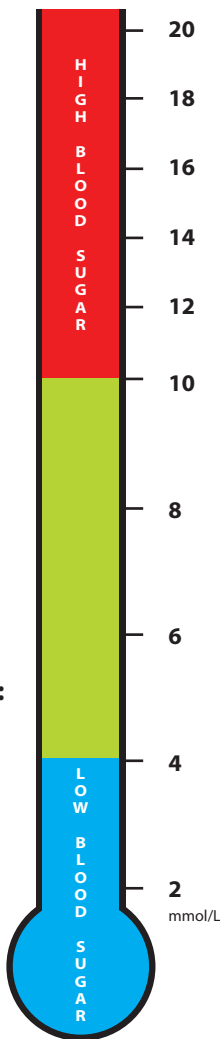
between 5 and 10 mmol/L

When fasting or before a meal:

between 4 and 7 mmol/L



- Certain medications to treat diabetes
- A diet low in carbohydrates
- Physical activity
- Drinking alcohol without food
- Psychological stress



Be proactive!

- Try to identify the cause of the high or low blood sugar.
- Take the necessary measures to avoid a reoccurrence.
- Consult a health professional, if necessary.

Low blood sugar

(Less than 4 mmol/L)



DIZZINESS



HUNGER



SWEATING



SHAKINESS

Take immediate action

1. Take 15 g of rapidly absorbed carbohydrates (choose one):

- 4 tablets of Dex4®;
- 15 ml (1 tablespoon) of corn syrup, honey or maple syrup;
- 15 ml (1 tablespoon or 4 packets) of sugar dissolved in water;
- 150 ml (2/3 cup) of a regular soft drink, fruit beverage or fruit juice;
- 18 à 20 g of hard candy (e.g., 6 Life Savers®).

2. Rest for 15 minutes

3. Measure your blood sugar again

A. If the reading is less than 4 mmol/L :

Treat yourself again following steps 1 to 3

B. If the reading is 4 mmol/L or higher :

If the next planned meal or snack is **more than an hour away**, eat 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.

High blood sugar



INTENSE THIRST



FATIGUE



EXCESSIVE HUNGER



FREQUENT URINATION

What should you do?

Drink lots of water to prevent dehydration.

If possible, do a light physical activity, such as walking.

If your blood glucose is above 25 mmol/L and you feel excessively drowsy, **consult a doctor immediately.**