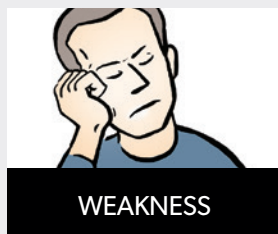
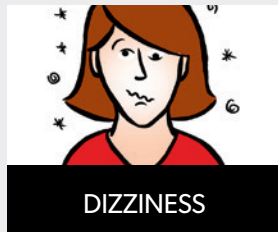
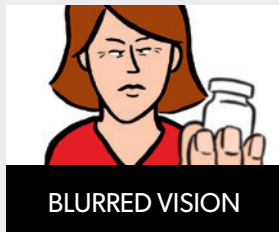
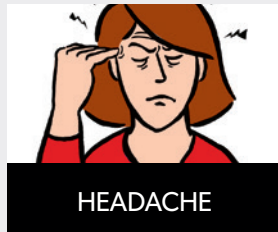
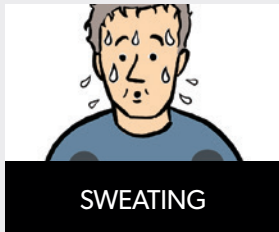
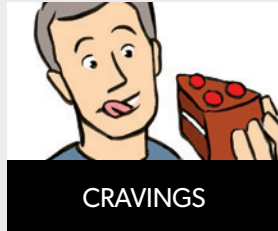


Symptoms



Symptoms of nocturnal low blood sugar

- Sweating
- Nightmares
- Restless sleep
- Headache on awakening

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.

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 in the last 24 hours.
- You took too high a dose of your diabetes medication.

Questions about diabetes?

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

Diabetes School
Universi D
universi-d.com

Diabetes  Québec
diabete.qc.ca

Diabetes  Québec

Low Blood Sugar Symptoms and Actions to Take



How to treat low blood sugar

You have symptoms + Your blood sugar is less than 3.9 mmol/L



You are ABLE to treat yourself

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 (2/3 cup) of a regular soft drink, fruit beverage or fruit juice;
- 15 to 20 g of candies (e.g. 6 Life Savers® or 2 rolls Rockets® candies).

Your consciousness is altered + you NEED ASSISTANCE

You are able to swallow

One person must give you **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 (3/4 cup) of a regular soft drink, fruit beverage or fruit juice;
- 20 to 25 g of candies (e.g., 8 Life Savers® or 3 rolls Rockets candies®)

You are NOT able to swallow

A person should:

Lay you on your side
+
Stop your insulin pump (if applicable);

+
Administer glucagon (by nose or injection);

+
Call 911



Wait for 15 minutes, then measure your blood sugar again.



Your blood sugar is less than 3.9 mmol/L




Treat again

Your blood sugar is 3.9 mmol/L or more



Your meal is scheduled within the next hour



Your meal is scheduled more than an hour away

Have a snack containing carbohydrates + protein (e.g., 1 slice of bread with 30 ml (2 tbsp) of peanut butter).



Are you going to drive? Wait 40 minutes after treating low blood sugar and make sure your blood sugar is above 5 mmol/L.

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