

Managing Low Glucose

When you are Taking Certain Diabetes Medicine

- Anyone with type 1 or type 2 diabetes can experience low glucose. Even if your glucose is high most of the time right now, certain medicines can cause it to drop too low. If you are on blood glucose lowering medicines like Insulins or Sulfonylureas (glipizide), you may be at risk for hypoglycemia, or low glucose (blood sugar).
- Low glucose occurs when levels drop below 70 mg/dL (70 milligrams of glucose per deciliter of blood).

Glucose levels that drop too low can be dangerous and must be treated immediately.

In this handout, you'll learn:

- What can cause low glucose
- Signs and symptoms of low glucose
- How to treat low glucose
- How to help prevent low glucose



Low Glucose: Common Causes



Some Medicines



Eating less food than your usual amount



Skipped or delayed your usual meals



More physical activity than your usual



Drinking alcohol without eating

Low Glucose: Signs and Symptoms

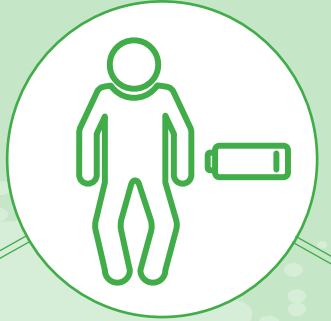
Even if you feel fine, you must take action because glucose levels can drop quickly. Some people may not notice symptoms right away, or at all, while others may feel them strongly. That's why it's important to check your glucose regularly, even if you don't have symptoms.

Use **LOW SUGAR** to help you remember common symptoms of low glucose:

Lightheaded



Weak



Unable to concentrate



Anxious



Out of it



Shakey, sweaty



Grumpy



Rapid heartbeat



Overnight Low Glucose Symptoms: Overnight low glucose may have different symptoms compared to daytime low glucose. If you are experiencing night sweats, nightmares or feeling very tired the next day talk to your diabetes care team.

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Low Glucose: How to TREAT It

Immediate Actions needed: Glucose levels can drop quickly and become severe, leading to confusion and trouble walking or talking. If untreated, it can cause fainting, seizures, or even death. If your glucose is low, stop what you’re doing and treat it right away by consuming fast-acting carbohydrates to reach normal glucose level like glucose tablets, juice, or regular soda

Use TREAT to help you remember how to treat a low glucose, which is considered below 70mg/dL.

- 1.**Take** note of your glucose level to see if it is below 70 mg/dL.
- 2.**Rule** of 15 : Consume15 grams of a fast-acting carbohydrate (carbs). It may take upto 15 minutes for your glucose to reach above 70 mg/dL
- 3.**Explain** to others around you that you are experiencing low glucose
- 4.**Assess** the timing of your next meal; eat a snack if you need something sooner.
- 5.**Think** about what may have caused your glucose to drop and talk to your clinician to determine if your medicine needs adjusting.

You can use glucose (sugar) tablets or gels to get your 15 grams of carbs



4 glucose tablets

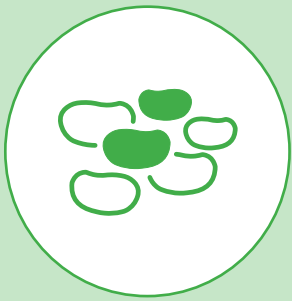


1 tube of glucose gel by mouth

Or try carb options like these:



Half a cup of fruit juice



6 large jellybeans



Half a cup of full-sugar soda



1 tablespoon of sugar or honey

Keep one of these readily available AT ALL TIMES on your nightstand, in your bag, etc.

Severe low glucose is a medical emergency that requires immediate attention.

Low Glucose: Prevention

- ...>> **Monitor your glucose regularly** and work with your diabetes care team to find the best way to do this.
- ...>> If you drink alcohol **Always eat food.**
- ...>> If you must delay a meal, eat a snack. **Avoid skipping meals.**
- ...>> **Develop a plan for physical activity** with your diabetes care team. Discuss ways to avoid lows with physical activity.
- ...>> **Contact your care team if you’re sick** and can’t eat. Once you’re well, talk with them about developing a sick-day plan.

Your diabetes management is unique to you. Work with your diabetes care and education specialist and diabetes care team to create a personalized low glucose prevention plan that fits your needs.