

LOW BLOOD SUGAR – HYPOGLYCEMIA 15/15 RULE

If you experience:

- Shakiness
- Sweatiness
- Sudden hunger
- Hunger
- Headache
- Confusion
- Nervousness
- Numbness or tingling
around the mouth or lips

CONSUME 15 GRAMS OF CARBOHYDRATE

- 3 squares of glucose tablets
- 8 ounces of milk
- ½ c fruit juice
- 1 tablespoon of sugar/honey/syrup
- 8 lifesavers
- 1 roll of Smartee Candy
- 1 small tube of cake decorator frosting

Wait 15 minutes. If the symptoms have not gone away: eat or drink another serving from this list. If your meal is more than 30 minutes away, eat ½ sandwich or crackers with cheese or peanut butter.

Low blood sugar might occur if:

You miss or delay a meal or eat less than usual.

You are more physically active than usual.

You take too much insulin or other diabetes medication.