

Hypoglycemia low blood sugar in adults

What are the signs?

Blood sugar below 3.9 is considered low. Each person will have their own way of recognizing low blood sugar.

Some of the signs include:



Severity

Sweating	Trembling	Palpitations	Anxiety
Hunger	Nausea	Headache	Tingling
Disturbed sleep	Weird dreams	Weakness/dizziness	Difficulty concentrating
Vision changes	Drowsiness	Difficulty speaking	Unconsciousness

Why does low blood sugar happen?

Have you:

- Eaten less than planned?
- Eaten later than normal?
- Taken more medication than planned?
- Been more active than planned?
- Drunk any alcohol within the past 24 hours?

Fear of lows is common and may cause excess anxiety, stress, reducing the ability to function and quality of life. If you are having lows, speak with your diabetes health-care team:

- Doctor • Nurse practitioner • Pharmacist
- Nurse • Dietitian

How to take action

If able to swallow, EAT 15 g fast-acting sugar



15 g of glucose in the form of glucose tablets



1 tablespoon (15 mL) of honey



1 tablespoon (15 mL) sugar in water



1/2 cup (125 mL) of juice or regular soft drink



15 g fast-acting sugar (e.g. 4 Life Savers® or 2 rolls Rocket Candy)

With more severe signs (affecting mental/physical ability):

- If able to swallow → EAT 20g fast-acting sugar
- If unable to swallow → GIVE 3 mg glucagon intranasal or 1 mg SC/IM



WAIT 15 minutes and CHECK



If blood sugar is 3.9 mmol/L or **ABOVE** **AND** next meal is **in the hour**



If blood sugar is 3.9 mmol/L or **ABOVE** **AND** next meal is **LONGER than 1 hour away**

If blood sugar is **BELOW** 3.9 mmol/L **REPEAT steps above**



Eat ONE of:
Starch:

ex. 7 crackers OR 1 slice of bread

AND

Protein:

ex. 1 piece of cheese OR 2 tablespoons of peanut butter



Are you Driving?

After treating a low, **Wait** until your blood sugar is above 5 mmol/L to start driving. Your brain might need up to 40 minutes to recover before you can safely drive again.

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