1. If you think your blood glucose (blood sugar) is low or might be low, check it right away.

2. If it is low, eat or drink 15 grams of carbohydrate. (Do not over treat.)

3. Wait 15 minutes.

4. Check your blood glucose again.

5. --If your blood glucose is back to normal, go to step 6.  
   --If your blood glucose is not back to normal, treat, wait, and check again. If your blood glucose is not back to normal after 3 treatments, call your health care provider or 911.

6. If your next meal is more than 60 to 90 minutes away, eat a snack to prevent your blood glucose from dropping low again before the next meal.

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   Always make sure your blood glucose is at least 100 mg/dL before you drive or operate machinery.
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THE “RULE OF 15”
A. What number is considered “low”?
   • “Low” means different things for different people. A general rule is that “low” means a blood glucose less than 70 to 80 mg/dL.
   • Talk with the person who helps you manage your diabetes about what number should be considered “low” for you.

B. What are the symptoms of low blood glucose?
   Low blood glucose affects people in different ways. Here are some of the more common symptoms:
   • feeling shaky, light-headed or weak
   • sweaty or clammy skin
   • fast heartbeat
   • irritability
   • confusion
   • sudden, extreme hunger

   Whenever you feel symptoms, test your blood glucose right away. If it is below your target range, you need to eat or drink a carbohydrate food to bring it back up. If you can't test and you feel that your blood glucose is low, eat or drink something anyway.

C. Appropriate 15 gram carbohydrate choices
   • 4 glucose tablets (4 grams carbohydrate each)
   • 1 tube of glucose gel (entire tube)
   • ½ cup (4 ounces) fruit juice
   • 1 ½ cups (12 ounces) milk
   • 4 to 6 ounces regular soda pop (not diet)—check label
   • 3 sugar packets (not sugar substitute)
   • 1 tablespoonful of honey
   • 15 Skittles®

   ****Always carry a source of carbohydrate with you.****