

HYPOGLYCEMIA LOW BLOOD SUGAR

EMERGENCY PLAN FOR DIABETES

Emergency Contact Information

Name:

Home Phone:

Work Phone:

Cell Phone:

Name:

Home Phone:

Work Phone:

Cell Phone:

Causes of Hypoglycemia

- too much insulin
- exercise
- delayed or missed meals

Symptoms may include:

Mild to Moderate (55-70 mg/dL)

- irritability
- sweating
- shakiness
- blurry vision
- headache
- hunger
- weakness
- anxiety

Severe (<55 mg/dL)

- loss of consciousness
- seizure
- inability to swallow

Actions

- Never leave a person with suspected low blood glucose anywhere alone.
- Notify trained personnel.
- If possible, test blood glucose.

Treatment of Mild to Moderate Symptoms

- Immediately give a fast-acting carbohydrate such as:
 - 4 oz fruit juice
 - 4 oz regular soda
 - 5-8 lifesaver candies
 - 3-4 glucose tablets.
 - 3 sugar packets
- Wait 15 minutes and retest the blood glucose.
- Repeat treatment and retest every 15 minutes until the blood glucose is greater than 70 mg/dl.
- Contact the emergency contact if the person required a repeat treatment or if the blood glucose level was less than 50 mg/dl.

Treatment of Severe Symptoms

- Don't attempt to give anything by mouth.
- If possible, position them on their side.
- Have trained personnel mix and administer glucagon, as prescribed.
- Call 911
- Contact their emergency contact.
- Stay with the person until help arrives.
- When the person awakens and can swallow, encourage them to take small sips of fruit juice or regular soda. If tolerated, follow with a snack consisting of a carbohydrate and a fat, such as peanut butter crackers.