

Appendix M: Instructions for Clients on How to Treat Low Blood Glucose (Hypoglycemia) Less than 4.0 mmol/L

Step 1 If able, test blood glucose and record the results

Step 2 Have one of the following selections:

Mild to moderate low blood glucose Less than 4.0 mmol/L	Severe low blood glucose Less than 2.8 mmol/L
15 g Carbohydrate	20 g Carbohydrate
5 dextrose tablets or 3 glucose tablets	7 dextrose tablets or 4 glucose tablets
3/4 cup (175 ml) regular pop or juice	1 cup (250 ml) regular pop or unsweetened juice
6 lifesavers	8 lifesavers
3 teaspoons honey	4 teaspoons honey

Glucose/dextrose tablets must be used if you take Prandase (Acarbose)

Step 3 Wait 15 minutes. Test blood glucose again. If it is still under 4.0 mmol/L, take 15 g of fast-acting carbohydrate. Repeat Step 3 every 15 minutes, as necessary.

Step 4 If the next meal or snack is more than 1 hour away, or if planning to be active, eat a snack such as 1/2 sandwich **or** cheese and 6 crackers.

Step 5 Think about a possible reason for low blood glucose and how to possibly prevent this in the future.

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Reference: 2001 Clinical Practice Guidelines for the Prevention and Management of Hypoglycemia in Diabetes.