The 15/15 Rule for Low Blood Sugar

Symptoms:  
- Shaking  
- Sweating  
- Irritability  
- Headache  

Symptoms During Sleep:  
- Nightmares  
- Sudden Tiredness  
- Nightmares  
- Fast Heart Beat  
- Poor Concentration  
- Waking Up Suddenly  
- Restlessness  
- Blurred Vision  
- Sweating  
- Waking Up Suddenly  
- Restlessness  
- Can’t Fall Back To Sleep  
- Change in Personality  
- Damp Clothes/Sheets

Step One: Check your blood sugar  
- If blood sugar is 70 or below, go to Step Two.

Step Two: Treat blood sugar with one 15g carbohydrate snack  
- 4oz of 100% fruit juice  
- 3-4 glucose tablets  
- 1 tube of glucose gel  
- Avoid candies, chocolates, milk or any foods with fat, because the fat will slow down the absorption and not bring the blood sugar up quickly enough.

Step Three: Wait 15 minutes  
- You will begin to feel better as the carbohydrates raise the blood sugar

Step Four: Recheck the blood sugar  
- Even though you may feel better, you still need to check blood sugar to be sure you have brought the blood sugar up.  
- If blood sugar is still below 70, repeat steps 1-4.

Follow up: Preventing another low blood sugar  
- If your next meal is more than an hour away, have another 15g snack to keep your blood sugar on track.
  - Choose a snack that has carbohydrates, protein, and fat to keep a steady blood sugar  
    - 4 Crackers with Cheese or 4 Crackers with Peanut Butter  
    - 8oz glass of milk  
    - Half of a lunch meat sandwich  
    - Granola Bar

- Treat before you eat  
  - If you have a low blood sugar right before your meal, treat the low blood sugar using steps 1-4. THEN eat your meal (and give the appropriate insulin needed to cover the carbs in the meal)