

The 15/15 Rule for Low Blood Sugar

Symptoms:

Shaking	Sudden Tiredness
Sweating	Poor Concentration
Irritability	Blurred Vision
Headache	Change in Personality

Symptoms During Sleep

Nightmares	Fast Heart Beat
Waking Up Suddenly	Restlessness
Sweating	Can't Fall Back To Sleep
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)