



## 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

- For children 4 years and under
  - A blood sugar of 80 and below is treated
- For children 5 years and older
  - A blood sugar of 70 and below is treated

### 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 or 80, 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 lunchmeat 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)