

### Checklist for Controlling Low Blood Sugar

People with type 2 diabetes may experience low blood sugar, known medically as hypoglycemia. It's important to understand and recognize symptoms of low blood sugar so you can treat them quickly and avoid more serious complications, such as fainting.

Use this checklist to help you get through an episode of low blood sugar, and talk with your diabetes healthcare team (primary care provider, endocrinologist and diabetes educator) about how to avoid future experiences.

- Check your blood sugar as soon as you experience symptoms of low blood sugar, which may include:
  - Nervousness or anxiety
  - Shakiness
  - Sweating
  - Tiredness
  - Confusion
  - Hunger
  - Fast heartbeat
  
- If your blood sugar is 70 mg/dL or below, eat or drink something that will raise it quickly. Fifteen grams of a carbohydrate that contains sugar works best, including:
  - Five to six pieces of hard candy such as five Life Savers® candies\*
  - One half-cup fruit juice or regular (**not** diet) soda/carbonated soft drink
  - One tablespoon sugar, jam or honey
  - Three glucose tablets (available without a prescription at most pharmacies)
  
- Check your blood sugar 15 minutes after eating or drinking, and if it has not been raised, repeat these steps until your blood sugar is at or above 70 mg/dL. If you experience low blood sugar at mealtime, go ahead and eat your meal as you normally would.
  
- It's important to treat low blood sugar right away to avoid more serious complications, such as convulsions (seizures) and loss of consciousness, which would require emergency treatment.
  
- Involve friends and family in your treatment plan, and make sure they know what to do if you experience low blood sugar and are unable to treat yourself.
  
- If you have ever experienced a condition called hypoglycemia unawareness, which occurs when the early warning symptoms of low blood sugar are not experienced before severe symptoms occur, it's especially important to monitor your blood sugar regularly. Carry a blood glucose meter with you at all times so you can easily check your levels when you need to.
  - This is especially important if you're driving a car or engaging in any potentially hazardous activity.

- Talk with your diabetes healthcare team about ways to avoid future low blood sugar episodes, including reduction or elimination of medications that may increase your risk of experiencing low blood sugar. Switching to different oral medications not associated with low blood sugar may be appropriate for you.
  
- Carry identification, such as a bracelet, necklace or wallet card, that has a medical alert message specifying you are taking medication to treat diabetes.

\* Life Savers<sup>®</sup> is a registered trademark of Wrigley.