

# HAYWOOD

## REGIONAL MEDICAL CENTER

### Diabetes Education Program

### How to Fix a Low Blood Sugar

1. **Check your blood sugar if:**
  - a. Shaky, sweaty, hungry, cranky, angry, fast heartbeat, headache
2. **Blood sugar less than 70?**
  - a. Eat a fast acting carbohydrate
    - i. Glucose tablets 3-4 **\*\*Preferred Method\*\***
    - ii. ½ cup of juice
    - iii. ½ can regular soda
    - iv. 8-10 lifesavers
    - v. Raisins 2 tablespoons
    - vi. 8 oz milk (skim-1% is best)
  - b. No high fat foods (sorry, no candy bars or doughnuts)
  - c. Try not to over-treat low blood sugar
  - d. Re-test your blood sugar in **15** minutes
  - e. If blood sugar **less than 70** repeat **step 2a**
  - f. If blood sugar **greater than 70**
    - i. Eat your next planned meal
    - ii. Have a snack with 1 carbohydrate and 1 protein
    - iii. Examples:
      1. ½ turkey sandwich, apple with cheese, Greek yogurt with fruit
3. **Talk with your doctor about low blood sugars**
  - a. Keep good records to determine cause
4. **Always keep low blood sugar supplies with you** (car, purse, work, home, etc.)
5. **Glucagon Emergency Kit**
  - a. Needed for most people on insulin (especially type 1)
  - b. Family members and/or co-workers will need to learn how to give
  - c. After glucagon emergency kit is given by another person:
    - i. Lay on side, with head and neck straight with spine
    - ii. Vomiting may occur
    - iii. Call 911

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