

# NOW WHAT should I do about my lows?

If you have diabetes, keeping your blood sugar levels on target as much as possible can help prevent or delay long-term, serious health problems. Your concern isn't always that your blood sugar is high, it could be that it has dipped too low. Blood sugar below 70 mg/dl is considered low.

**FACTS FIRST:** The CDC advocates following the 15-15. For low sugar between 55-69 mg/dl, raise it by following the 15-15 rules: have 15 grams of carbs and check your blood sugar after 15 minutes. Repeat if you're still below your target range.

## ACT ON THE FACTS:

### WHAT ITEMS HAVE 15 GRAMS OF CARBS

- 4 ounces (1/2 cup) of juice or regular soda
- 1 tablespoon of sugar, honey, or three hard candies
- 3-4 glucose tablets (follow instructions)
- 1 dose of glucose gel (usually 1 tube; follow instructions)

### I AM AT RISK OF HAVING LOW BLOOD SUGAR WHEN I:

- Skip or delay a meal or snack
- Take too much insulin and not eat
- Exercise
- Drink alcohol, especially without eating

### I SHOULD CHECK MY BLOOD SUGAR WHEN I NOTICE (OR FEEL):

- Weakness/fatigue
- Headache
- Sweating
- Anxiety
- Dizziness
- Shaking
- Increased thirst

### WHEN TO CALL 911

 Call 911 if any of the following happen:

- You pass out and no glucagon is available
- You need a second dose of glucagon
- You had glucagon but are still confused
- Your blood sugar stays too low 20 minutes after treatment or doesn't respond to usual treatments
- Or call anytime you are concerned about your severely low blood sugar.

If you have frequent low blood sugars speak to your doctor. You may need changes in your medication and/or meal plan.



Have you ever experienced lows?  
If so, have you noticed any patterns of  
when your lows occur?

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What did you do to bring your sugars back  
up?

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**YOU'RE NOT ALONE!**



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](https://EPDIABETES.ORG/NOW-WHAT/)