



Treatment for low blood glucose (hypoglycemia)

Rule of 15

Check your blood glucose if you are having symptoms of low blood glucose.

Less than 70

Eat 15 grams of carbohydrate by choosing **one** of these options:

- 4 oz. of juice
- Half-can of regular soda
- 4 glucose tablets
- 10 oz. milk (skim/low-fat)
- 2 tablespoons of raisins

Less than 50

Eat 30 grams of carbohydrate by choosing **one** of these options:

- 8 oz. juice
- 8 oz. regular soda
- 8 glucose tablets

Recheck your blood glucose in 15 minutes

If your blood glucose is still less than 70, treat again using guidelines above.

When you are feeling better, think about what caused your low blood glucose.

- Did you skip a meal or eat less carbohydrate than usual?
- Were you more active than usual?
- Did you take more medication/insulin than usual?

If you are unsure why you have had a low blood glucose or find this is happening frequently, talk with your diabetes educator or health care provider.