

15-15 Rule

for hypoglycemia

When blood sugar drops <70mg/dl TAKE ACTION:

- ✓ Choose 16 grams of a quick acting carbohydrate source that is easy to measure
- ✓ Eat or drink item, wait 15 minutes, and recheck your blood sugar
- ✓ If sugar is still below 70mg/dl, repeat this process until its above 70mg/dl
- ✓ Once this level is reached, eat a regular meal or a balanced snack which includes carbohydrates, protein and fats to help prevent another event

Tips:

- Be attentive to blood sugar and act immediately
- Carry a "hypoglycemia kit" when you leave the house
- Always keep supplies at your bedside table
- Do not choose foods with fat or protein
- Choose non-perishable fast acting carbohydrates

Symptoms include: shakiness, feeling nervous, rapid heart rate, irritable, confused, lightheaded, nausea, hunger, sleepy

