

Severe Hypoglycemia **(Blood sugar <2.8 mmol/L)**

What is severe hypoglycemia/low blood glucose?

Severe hypoglycemia is when somebody is unconscious or requires assistance to treat a low blood glucose (blood glucose <2.8 mmol/L)

What are the symptoms of severe hypoglycemia?

Confusion, poor co-ordination, unusual behavior (i.e. stubborn, angry) or unconscious.

Treatment Requirement:

A. IF the person is *conscious*,

1. Treat with one of these **quick sugars** (20 grams carbohydrate):
 - 5 dextrose tablets (check label for amount needed)
 - 1 cup of fruit juice or regular pop
 - 3 packages of “Rockets”
 - 4 teaspoons of honey
2. Wait 15 minutes and check blood glucose again.
If blood glucose remains low (<4 mmol/L) then treat again with 15 grams of quick sugar.
3. If it is more than 1 hour before your meal, have a small snack with 15 grams of carbohydrate plus protein (examples: ½ meat or cheese sandwich, 6 crackers with peanut butter).

B. IF the person is *unconscious*, call 911. Be sure to ask the doctor about glucagon for dealing with this situation in the future.

Remember: Always have your meter, quick sugar and a carbohydrate containing snack with you.