

Hypoglycemia

(Low blood sugar)

What is Hypoglycemia?

Hypoglycemia means low blood sugar (blood sugar less than 4.0 mmol/L).

What are the symptoms of hypoglycemia?

You may experience one or more of the following:

- Shaking/trembling
- Sweating
- Dizziness
- Sudden hunger
- Confusion
- Irritability

When you have any of these symptoms **always** check your blood sugar. If you cannot check, assume your blood sugar is low.

What should I do if I have hypoglycemia?

1. Treat with one of these **quick sugars** (15 grams carbohydrate):

- 15 grams dextrose tablets (check label for amount needed)
- $\frac{2}{3}$ cup regular pop or fruit juice
- 15 “Skittles”
- 1 tablespoon honey
- 3 packets of sugar dissolved in water
- 2 packages of “Rockets”

2. Wait 15 minutes and check your blood sugar again.

If it remains low then treat again with one of the quick sugars listed above.

3. If it is more than 1 hour before your next meal have a small snack with 15 grams of carbohydrate plus protein (examples: $\frac{1}{2}$ meat or cheese sandwich, 6 crackers with peanut butter).

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

What medication(s) may cause hypoglycemia?

Gliclazide (Diamicon), Glyburide (Diabeta), Glimepiride (Amaryl), Repaglinide (GlucoNorm), Insulin

Talk to your doctor if you experience frequent low blood sugar. Your medications may need to be adjusted.

“5 to Drive”

Diabetes and Driving Guidelines

To keep you and others on the road safe, it is important that you follow these driving guidelines.

- Always check your blood sugar before driving and every 4 hours if you are driving long distances. If you are a commercial driver, you must check your blood sugar at least every 2 hours while driving.

Your blood sugar must be above 5.0mmol/L to drive.

If you are a commercial driver, your blood sugar must be above 6.0mmol/L.

- Before driving: if your blood sugar is between 4.0-5.0mmol/L, have a carbohydrate containing meal or snack.
- If you have experienced a low blood sugar, you must wait at least 40 minutes after treating your low before driving.
- If you think that your blood sugar is low while driving:
 1. Immediately pull off the road
 2. Turn off your vehicle and remove your keys from the ignition
 3. Check your blood sugar
 4. Treat your low blood sugar
 5. Wait at least 40 minutes before driving (judgments may be impaired for up to 40 minutes after hypoglycemia so you need to give your body time to recover)
- Remember to carry your glucometer, quick sugar and a carbohydrate containing snack.

For more information, please see:

- <http://www.diabetes.ca/getmedia/b960981b-a494-497e-ae5a-37c73d3261ab/2015-cda-recommendations-for-private-and-commercial-drivers.pdf.aspx>
- <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/general-tips/guidelines-for-diabetes-and-private-and-commercial>
- <http://www.mto.gov.on.ca/english/dandv/driver/medical-review/process.shtml>

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