What are the signs?
Each person will have their own way of recognizing low blood sugar.
Some of the signs include:

- Sweating
- Trembling
- Palpitations
- Anxiety
- Hunger
- Nausea
- Headache
- Tingling
- Disturbed sleep
- Weird dreams
- Weakness/dizziness
- Difficulty concentrating
- Vision changes
- Drowsiness
- Difficulty speaking
- Unconsciousness

How to take action

EAT fast-acting sugar

- 15 g of glucose in the form of glucose tablets
- 1 tablespoon (15 mL) of honey
- 1 tablespoon (15 mL) sugar in water
- 2/3 cup (150 mL) of juice or regular soft drink
- 15 g fast-acting sugar (e.g. 6 Life Savers® or 2 rolls Rocket Candy)

WAIT 15 minutes and CHECK

- If blood sugar is ABOVE 4.0 mmol/L AND next meal is in the hour ✔
- If blood sugar is ABOVE 4.0 mmol/L AND next meal is LONGER than 1 hour away ❌
- If blood sugar is BELOW 4.0 mmol/L REPEAT steps above

Eat ONE of:
- Starch: ex. 7 crackers OR 1 slice of bread 
- Protein: ex. 1 piece of cheese OR 2 tablespoons of peanut butter

Why does low blood sugar happen?

Have you:
- Eaten less than planned?
- Eaten later than normal?
- Taken more medication than planned?
- Been more active than planned?
- Drunk any alcohol within the past 24 hours?

Fear of “lows” is common and normal. If you are having lows, speak with your diabetes team:
- Doctor • Nurse practitioner • Pharmacist
- Nurse • Dietitian

Are you Driving?
After treating a low, Wait until your blood sugar is above 5 mmol/L to start driving. Your brain might need up to 40 minutes to recover before you can safely drive again.