Hypoglycemia  low blood sugar in adults

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

- Less than 3.9 mmol/L
- Sweating
- Trembling
- Palpitations
- Anxiety
- Hunger
- Nausea
- Headache
- Tingling
- Disturbed sleep
- Weird dreams
- Weakness/ dizziness
- Difficulty concentrating
- Vision changes
- Drowsiness
- Difficulty speaking
- Unconsciousness

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 may cause excess anxiety, stress, reducing the ability to function and quality of life. If you are having lows, speak with your diabetes health-care team:
- Doctor
- Nurse practitioner
- Pharmacist
- Nurse
- Dietitian

How to take action

If able to swallow, 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)

With more severe signs (affecting mental/physical ability):
- If able to swallow ➔ EAT 20g fast-acting sugar
- If unable to swallow ➔ GIVE 3 mg glucagon intranasal or 1 mg SC/IM

WAIT 15 minutes and CHECK

If blood sugar is 3.9 mmol/L or ABOVE AND next meal is in the hour ✔

If blood sugar is 3.9 mmol/L or ABOVE AND next meal is LONGER than 1 hour away ✗

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

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.

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