

Hypoglycemia: Management

How can I prevent hypoglycemia?

- Check blood sugar as recommended by your healthcare provider
- Eat regular meals and snacks
- Be active safely:
 - you may need to check your blood sugar before, during and after activity
 - you may need to adjust your carb or medication intake.

How can I treat it?

1. If you feel 1 or more symptoms, check your blood sugar.
 - a. **IF BELOW YOUR TARGET OR 70**--eat or drink 15 grams of carbs **RIGHT AWAY.**
 - i. check blood sugar again in 15 minutes, if it is still too low--eat or drink an additional 15 grams or carbs right away.
 - ii. If needed: REPEAT until blood sugar is at a normal level.
- NOTE: If next meal is more than 1 hour away, eat a snack.**

Treating hypoglycemia if you take Acarbose or Miglitol:

If you take Acarbose or Miglitol you will need to take glucose tablets or a glucose gel.

Eating other sources of carbs will not raise your blood sugar fast enough.

If you have severe hypoglycemia:

A glucagon shot may be needed if you have severe hypoglycemia. Talk with your healthcare provider about how and when you should use a glucagon shot.

For More Information:

[American Diabetes Association](#)