

YOUR GUIDE TO Low Blood Sugar Readiness

This guide covers the causes, signs, and treatment of low blood sugar so you can quickly recognize and treat it with confidence. Make sure to also share this information with relatives, close friends, or caregivers. Here's what you need to know to be ready.

Understanding Low Blood Sugar (Hypoglycemia)

What is it?

Low blood sugar (hypoglycemia) is when your blood sugar gets too low — typically **70 mg/dL or lower.¹**

Very low blood sugar (severe hypoglycemia) occurs when your blood sugar gets so low that you need help bringing it back up. It is an emergency and needs to be treated immediately. Left untreated, a severe low can lead to seizure, loss of consciousness, coma, or even death.^{1,2}



What causes it?³

Severe low blood sugar can happen to anyone, even those who carefully manage their diabetes.

Your risk can go up:



If you take certain blood sugar-reducing medications such as **insulin** and **insulin secretagogues (sulfonylureas or meglitinides)**.

From everyday factors such as **illness, delayed or missed meals, extra activity, hot weather, or changes in medication.**

Common symptoms include⁴:

	Shakiness	Headache
	Sweating	Extreme tiredness
	Lightheadedness or dizziness	Blurred vision
	Hunger	Irritability
	Nausea	Confusion

Non-severe hypoglycemia can quickly escalate to severe hypoglycemia and requires fast action.⁵



Ready-to-use glucagon is an essential part of your treatment plan. Make sure your toolkit has everything you need to treat severe lows.

Toolkit Essentials

Be ready by equipping your toolkit—and knowing when to use each tool.

What should be included in your diabetes toolkit:

- Glucose tablets or gel packets
- Fast-acting carbohydrates: juice, hard candies, gummy bears, or jellybeans
- Blood glucose test strips
- Ready-to-use glucagon

Why glucagon?

It's a hormone produced in the pancreas that helps regulate your blood sugar levels when they are too low.

It's seen as the primary treatment for very low blood sugar⁶, and its efficacy is well established.⁷

When to use the tools in your toolkit:

15 grams of oral fast-acting carbohydrates:

- ⊕ For mild hypoglycemia (blood sugar below 70 mg/dL) or moderate hypoglycemia (blood sugar below 54 mg/dL)^{7,8}
- ⊕ Take 15 grams, then retest your blood sugar in 15 minutes and repeat until your target blood sugar level is reached

Ready-to-use glucagon²:

- ⊕ When eating or drinking to correct your blood sugar isn't enough or isn't possible
- ⊕ You are unable to safely swallow
- ⊕ You feel like passing out
- ⊕ You pass out or have a seizure

Who can administer ready-to-use glucagon?

In some cases, you may be able to self-administer glucagon. But you should also make sure these people know how to act and where you store your ready-to-use glucagon if you have a severe low:



You can self-administer in certain situations.



Family



Friends



Teachers, Coaches, and School Nurses



Coworkers

Lows can be unsettling, but with a good plan and a ready toolkit, you can face them with confidence.



Scan here to learn more about a ready-to-use glucagon option.

References:

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