



**Use this road map to understand and build a treatment plan to manage your risk for low blood sugar.**

### What is low blood sugar (also called glucose)?

Low blood sugar, also called hypoglycemia, has 3 levels that require treatment:

- *A blood sugar less than 70mg/dL (first level that requires action).*
- *A blood sugar less than 54mg/dL (considered more serious).*
- *Severe low blood sugar (when you need someone's help to treat your low).*

Your risk for severe low blood sugar is not related to your A1C level.

### What causes low blood sugar?

Common causes leading to a low blood sugar include:

- *Missing a meal.*
- *Using the wrong insulin.*
- *Taking more insulin than is needed.*
- *More activity than usual without lowering insulin or increasing snacks.*

### What can I do to stay safe?

Make sure you have all the knowledge and skills you need to prevent and treat low blood sugar, have the necessary supplies on hand and communicate your plan to those who can help you as needed. This includes knowing what increases *your* risk of low blood sugar.

### What some other planning tips I need to know?

Use of NPH insulin requires extra precautions and planning. Using a continuous glucose monitor (CGM) and/or a hybrid closed loop insulin pump can help to prevent low blood sugar by sending you alerts and trend arrows so you can act before it happens.

The recommended time-in-range for low glucose is less than 4% of time spent under 70mg/dL and less than 1% of time spent under 54mg/dL if you are using a CGM.

# FIRST STOP

**Visit your diabetes care team to figure out what general information you need to know before you go.**

If you don't get symptoms of low blood sugar at all or until your level is very low, you may have hypoglycemia unawareness, a condition that needs a special level of treatment and education. Ask your diabetes care team for more information.

### What prescriptions work well for treating low blood sugar?

Glucagon is the recommended treatment for severe low blood sugar. There are new prescription glucagon treatments available that require very few steps to administer. Usually they are given to you by someone helping you when you can't treat yourself.

Remember these 3 medication tips:

1. *Check the expiration date before you leave the pharmacy. Medications usually last about 2 years from the manufacture date.*
2. *Store them as directed and let your helpers know where to find them.*
3. *Know that they can raise your blood sugar an average of 100mg/dL or more.*



# SECOND STOP

**Pharmacy/Drugstore  
Pickup and pack your supplies.**

- **Pick up fast acting glucose treatment that works best for you that you can always carry with you such as glucose tabs.**
- **Fill your prescription for glucagon. It is covered by most major health plans. Assistance maybe be available if insurance doesn't cover it.**
- **Don't forget to review instructions for use with your care partners.**
- **Order/buy medical identification/jewelry you are willing to wear.**

# THIRD STOP

Learn about your own low blood sugar symptoms and treatment.

It's important to know what you can safely do based on your age and ability. If you are having trouble figuring this out, ask your provider about a continuous glucose monitor (CGM). Use this chart to track your low blood sugar and understand what is causing it.

<b>Common Symptoms of low blood sugar: shaky, sweaty, nervous, fast heartbeat, weakness, extreme hunger, crabby, confused, headache.</b>	<b>My symptoms of low blood sugar.</b>	<b>What was my blood sugar level when I had symptoms?</b>	<b>When it occurred (time of day or after a particular activity or meal).</b>	<b>How long did it take me to recover (Go over 70mg/dL)?</b>	<b>Possible reason (For example eating pattern not normal, skipped meal, etc.).</b>



# FOURTH STOP

Map out who you need to share your low blood sugar care plan with.

- My healthcare team.
- My significant other or family members.
- My coach, teacher or bus driver.
- My boss or coworkers.
- Others \_\_\_\_\_.

*Create your own care plan on the next page.*

# My Low Blood Sugar (Hypoglycemia) CARE PLAN

Name: \_\_\_\_\_

I have **DIABETES** and I take a medication that can cause me to have low blood sugar, and I may not be able to help myself.

My emergency contact person is \_\_\_\_\_ and can be reached at \_\_\_\_\_.

My symptoms of low blood sugar usually include \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

I use a continuous glucose monitor (CGM) \_\_\_\_yes\_\_\_\_no I have my CGM set to alarm when my blood sugar goes below \_\_\_\_\_.

I carry \_\_\_\_\_ with me to treat low blood sugar, which is equal to \_\_\_\_\_ grams of fast acting sugar (carbohydrates).

It usually takes about \_\_\_\_\_ minutes for my low blood sugar symptoms to go away after treatment. If my blood sugar is not above 70 by then, I need to repeat the treatment.

My low blood sugars usually happen - circle one of these: after meals, after taking medicine, after exercise, or other \_\_\_\_\_.

If I cannot swallow or follow directions, I have an emergency glucagon treatment called \_\_\_\_\_ that I keep (list location) \_\_\_\_\_.

It is called \_\_\_\_\_ and is a nasal powder that can be sprayed up my nose \_\_\_\_yes\_\_\_\_no

**OR** an injectable form \_\_\_\_yes\_\_\_\_no that needs to be injected into my lower abdomen, outer thigh or upper arm.

Other notes:

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# THANK YOU

for taking this trip!

For more information on low blood sugar, visit  
**[DiabetesEducator.org/lowbloodsugar](https://DiabetesEducator.org/lowbloodsugar)**.