

Hypoglycemia

(Low Glucose < 4.0 mmol/L)

What are symptoms of hypoglycemia?

· Shaky/trembling

Sudden hunger

Sweating

Confusion

Dizziness

Irritability

When you have any of these symptoms <u>always</u> check your glucose. If you cannot check, assume your glucose is low.

What should I do if I have hypoglycemia?

- 1. Treat with one of these *quick sugars* (15 grams carbohydrate):
 - 15g dextrose tablets (check label for amount)
 - ¾ cup regular pop or fruit juice
 - 15 "Skittles™"
 - 1 tablespoon of honey
 - 3 packets of sugar
 - 2 packages "RocketsTM"
- Wait 15 minutes and check your glucose again. If it remains low then treat again with one of the quick sugars listed above.
- 3. If it is more than 1 hour before your next meal, have a small snack with 15 grams of carbohydrate plus protein (i.e. ½ meat or cheese sandwich or 6 crackers with peanut butter).

Remember: Always have your meter, quick sugar, and a carbohydrate containing snack with you.

Severe Hypoglycemia

(Glucose < 2.8 mmol/L)

What is severe hypoglycemia?

Severe hypoglycemia is when somebody is unconscious or requires assistance to treat a low glucose (glucose < 2.8mmol/L).

What are the symptoms of severe hypoglycemia?

Confusion

- Poor co-ordination
- Unusual behaviour (i.e. stubborn, angry)
- Unconscious

Treatment Requirement:

A. If the person is conscious,

- 1. Treat with one of these quick sugars (20 grams carbohydrate):
 - 5 dextrose tablets (check label for amount)
 - 1 cup fruit juice or regular pop
 - 3 packages "Rockets™"
 - 4 teaspoons of honey
- Wait 15 minutes and check glucose again. If glucose remains low (<4 mmol/L) then treat again with 15 grams of quick sugar.
- 3. If it is more than 1 hour before your next meal, have a snack with 15 grams of carbohydrate plus protein.
- **B.** If the person is *unconscious*, call 911. Be sure to ask the doctor about glucagon for dealing with this situation in the future.

Carbohydrate & Insulin Adjustments for Exercise

Set a Temporary Basal Rate:

• Start 1 hour before and run until 2 hours after the activity.

Activity Intensity	Percentage of Basal	
Low intensity	Try ↓ by 10-20% (run at 80-90%)	
Moderate intensity	Try ↓ by 20-30% (run at 70-80%)	
Lower than usual activity	Try ↑ by 10-20% (run at 110-120%)	

Modify Carbohydrate Intake:

- If you have insulin on board or glucose is trending low, have a carbohydrate snack without insulin before/during and/or after activity.
- Trial having 15-30 grams of high glycemic index carbohydrates (more may be needed).

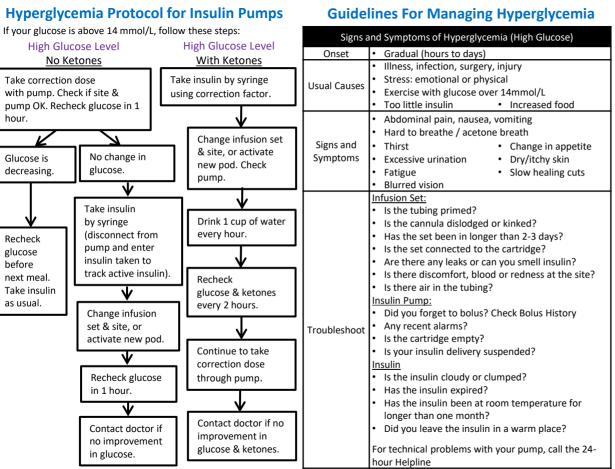
Modify your Meal Time Bolus Insulin:

Bolus Reduction for Exercise			
Activity Intensity	Duration: 30 minutes	Duration 60 minutes	
Mild Aerobic	↓ by 25%	↓ by 50%	
Moderate Aerobic	↓ by 50%	↓ by 75%	
Heavy Aerobic	↓ by 75%	↓ by 75%	

Important Reminders

- · Always carry quick sugar with you.
- Check glucose before, during (if ≥1 hour) and after exercise.
- If your glucose is above 14mmol/L, consider a partial correction bolus (try ↓ correction dose by 50%).
- If glucose is >16mmol/L and ketones present, delay activity and take a correction dose.

Reference: Riddell, Michael. Getting Pumped! Glue Inc. 2016



Sick Day Management

Important Reminders:

- 1. Check your glucose every 2 to 4 hours. Target glucose can be a little "relaxed" when sick
- 2. If your glucose is above 14mmol/L, check for ketones.
- 3. Continue to take boluses for carbohydrates and high glucose as needed. Consider running a temporary basal to give more insulin.

Diet Recommendations:

- Drink plenty of fluids to stay hydrated. If your glucose is above 14mmol/L, choose sugar-free fluids such as: water. any no sugar added liquid/powder enhancer (i.e. Crystal
- Light[™]), clear soup or broth, diet soft drink, tea. · You may need to choose lighter foods, such as popsicles, Jell-O™, soup, cooked cereal, ice cream, pudding, custard, yogurt, apple sauce, toast, soda crackers (consider limiting milk products if vomiting or diarrhea).

When to ask for help? • Your glucose stays lower then 4mmol/L for 2 consecutive

- readings and does not respond to hypoglycemia treatment • Your glucose stays higher than 14mmol/L for 2 or more
- readings and does not respond to correction doses and increased fluids.
- · If you do not know how to adjust your insulin.

• If you have been sick for 2 days and are not getting better.

- If you have symptoms of dehydration, such as dry mouth, extreme thirst, little to no urination or darker urine than
- usual. · If you have diarrhea, vomiting, stomach pain that is ongoing
 - or getting worse.
 - · If you are unable to eat or drink due to vomiting.