

Hypoglycemia

What is hypoglycemia?

Hypoglycemia happens when your blood sugar (glucose) is low (less than 4 mmol/L).

What are the symptoms of hypoglycemia?

You may experience one or more of the following:

- Shaking/trembling
- Sweating
- Dizziness
- Sudden hunger
- Confusion
- Irritability
- Or feeling unwell and you don't know why

When you have any of these symptoms always check your glucose level. If you cannot check, assume your glucose level is low.

What should I do if I have hypoglycemia?

1. Treat with one of these quick sugars (15 grams carbohydrate):

- Four dextrose tablets
- $\frac{2}{3}$ cup regular pop or fruit juice
- 15 "Skittles" or six jelly beans
- One tablespoon honey
- Three teaspoons or packets of sugar dissolved in water
- Two packages of "Rockets"

2. Wait 15 minutes and check your glucose level again.

If it remains low then treat again with one of the quick sugars listed above.

3. If it is more than one hour before your next meal have a small snack with 15 grams of carbohydrate plus protein (examples: $\frac{1}{2}$ meat or cheese sandwich, six crackers with peanut butter).

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

What medication(s) may cause hypoglycemia?

Gliclazide (Diamicon), Glyburide (Diabeta), Glimepiride (Amaryl), Repaglinide (GlucoNorm) and Insulin

Talk to your doctor if you experience frequent low glucose levels, your medications may need to be adjusted.

“5 to Drive”

Diabetes and Driving Guidelines

To keep you and others on the road safe, it is important that you follow these driving guidelines.

Your glucose level must be above 5.0mmol/L to drive.

If you are a commercial driver, your glucose level must be above 6.0mmol/L.

- Always check your glucose level before driving and every 4 hours if you are driving long distances. If you are a commercial driver, you must check your glucose level at least every 2 hours while driving.
- **You must not drive if your glucose level is less than 4.0mmol/L.**
Before driving: if your glucose level is between 4.0-5.0mmol/L, have a carbohydrate containing meal or snack.
- If you have experienced a low glucose level, you must wait at least 40 minutes after treating your low before driving, and your glucose level must be 5mmol/L or higher.
- If you think that your glucose level is low while driving:
 1. Immediately pull off the road when safe to do so
 2. Turn off your vehicle and remove your keys from the ignition
 3. Check your glucose level
 4. Treat your low glucose level
 5. Wait at least 40 minutes before driving (judgments may be impaired for up to 40 minutes after hypoglycemia so you need to give your body time to recover)
- If you are wearing a glucose sensor device and you have a glucose level that does not match your symptoms, check your blood glucose level with a glucometer to validate the sensor reading
- Remember to carry your glucometer, quick sugar and a carbohydrate containing snack.