Severe Hypoglycemia
(blood sugar < 2.8 mmol/L)

What is severe hypoglycemia/low blood sugar?
Severe hypoglycemia is when somebody is unconscious or requires assistance to treat a low blood sugar (blood sugar < 2.8 mmol/L).

What are the symptoms of severe hypoglycemia?
Confusion, poor co-ordination, unusual behavior i.e. stubborn, angry, or unconscious.

Treatment Requirement:
If the person is conscious treatment is:
1. 20 gm of one of these quick sugars:
   - 4 BD glucose tablets or 5 Dextrose tablets
   - 1 cup fruit juice or regular pop
   - 10 lifesavers
   - 4 teaspoons honey

2. Wait 15 minutes and check blood sugar again.
   If blood sugar remains low (< 4 mmol/L) then treat again with 15 gm of quick sugar.

3. If it is more than 1 hour before your meal, have a snack of 15 gm carbohydrate and protein i.e. ½ sandwich or cheese & 5 crackers.

B. If the person is unconscious call 911. Be sure to ask the doctor about glucagon for dealing with this situation in the future.

Remember! Always have quick sugar in your pocket, purse, vehicle, and at your bedside.