Handle a low blood sugar episode

Use these steps when symptoms of low blood sugar appear and no diabetes has been diagnosed.

- [ ] Check blood sugar with a meter during the episode if one is available.
- [ ] Eat or drink 15 to 20 grams of fast-acting carbohydrate.
- [ ] Wait 15 minutes and recheck the reading.
- [ ] Repeat the carbohydrate when the reading is still low.
- [ ] Eat a snack when the next meal is more than an hour away.
- [ ] Call 911 or your local emergency number for seizures or loss of consciousness.
- [ ] Avoid giving food or drink to a person who is disoriented or unconscious.
- [ ] Keep a diary of foods, times and symptoms for your doctor.
- [ ] Avoid heavy alcohol use on an empty stomach.

Notes

For general education only. Not a substitute for professional medical advice.