

## How is low blood glucose treated?

- Check blood glucose using a meter
- If you are below 70, eat a carbohydrate snack
  - 15 grams of carbohydrate such as one of these:



OR



OR



OR



½ cup juice or soda

7-8 jelly beans

3-4 glucose tablets

- Wait 15 minutes, recheck blood glucose
  - If still low, repeat treatment
  - Have snack if meal is more than 1 hour away
- Think about what caused the low

## **Basal or Bolus? What does this mean?**

- Basal insulin or “background”
  - “Covers” the glucose your body naturally makes
  - Take once or twice a day
  - Assess how it is working by before meal glucose levels
  - Detemir (Levemir), Glargine (Lantus), NPH (Humulin N or Novolin N)
- Bolus insulin or “burst”
  - “Covers” the glucose from food
  - Take before meals
  - Assess how it is working by after meal glucose levels
  - Aspart (NovoLog), Glulisine (Apidra), Lispro (Humalog), Regular (Humulin R or Novolin R)
  - Inhaled insulin (Exubera)

## **What is low blood glucose?**

- Low blood glucose – “hypoglycemia”
  - BG less than 70
- Caused by
  - Too much diabetes medicine
  - Too little food
  - Too much or unplanned activity
- Symptoms MAY occur
  - Headache, weak, dizzy, confused, sweaty, shaky