





Hypoglycemia in Diabetes

Risk of hypoglycemia should be reviewed at every clinic visit.

Prescribe glucagon for patients at risk for hypoglycemia.





Level 2



Level 3

Blood glucose between 55-69 mg/dL

Blood glucose less than 54 mg/dL Altered mental status requiring assistance

Level 3 hypoglycemia or hypoglycemia unawareness is an indication to deintensify treatment regimen and targeted diabetes education.

Inform Your Patients of the 15–15 Rule

Have 15 grams of fast-acting carbohydrates, recheck in 15 minutes Repeat until glucose rises to ~>100 mg/dL or 5.6 mmol/L) ONLY IF PERSON IS CONSCIOUS

15 Grams of Fast-Acting Carbohydrates Examples



1 Tbsp Honey





Fruit Juice

6 Pieces of Candy

Have

Recheck in Minutes

Repeat Until Glucose Rises



1/2 Cup (non-diet) Soft Drinks/Soda



2 Tbsps Raisins



1 Cup Milk



~3 Dates

Hypoglycemia unawareness can be reversible by raising the glycemic target.



Monitor closely for hypoglycemia if patients develop declining cognition.

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)