Hypoglycemia in Diabetes

Risk of hypoglycemia should be reviewed at every clinic visit.

Prescribe glucagon for patients at risk for hypoglycemia.

Level 1
Blood glucose between 55–69 mg/dL

Level 2
Blood glucose less than 54 mg/dL

Level 3
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 Sugar
1 Tbsp Honey
1/2 Cup Fruit Juice
~6 Pieces of Candy

1/2 Cup (non-diet) Soft Drinks/Soda
2 Tbsp 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)
Supported in part by Time in Range—a diabetes technology initiative of the American Diabetes Association (ADA)®