Hypoglycemia in Diabetes

Risk of hypoglycemia should be reviewed at every clinic visit.

Prescribe glucagon for patients at risk for hypoglycemia.

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood glucose</td>
<td>Blood glucose</td>
<td>Altered mental status</td>
</tr>
<tr>
<td>between 55–69</td>
<td>less than 54 mg/dL</td>
<td>requiring assistance</td>
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<tr>
<td>mg/dL</td>
<td></td>
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</tbody>
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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 (non-diet) Soft Drinks/Soda
- 2 Tbsp Raisins
- 1/2 Cup Milk
- ~3 Dates
- 1 Cup Juice
- ~6 Pieces of Candy
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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)®