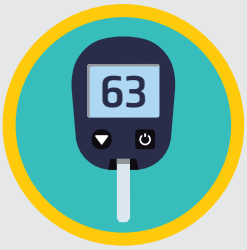
American Diabetes Association®

Guidelines InSIGHT
Your visual guide to the guidelines

Hypoglycemia

Hypoglycemia is categorized into three levels based on glucose levels and symptom severity



LEVEL 1
Blood glucose less than 70 mg/dL but greater than or equal to 54 mg/dL



LEVEL 2
Blood glucose less than 54 mg/dL



LEVEL 3
Altered mental and/or physical status requiring assistance, irrespective of glucose level

Assess, Prevent, and Treat

Assess hypoglycemia risks at visits, such as recent episodes, insulin, impaired unawareness, fear of hypoglycemia, kidney disease, dementia, and alcohol consumption.

Reevaluate treatment plan if experiencing level 2 or 3 hypoglycemia. Consider less intense therapy or different medications.

Recommend a continuous glucose monitor (CGM) for individuals:

- Using insulin
- With history of or at high risk for hypoglycemia

Provide tailored education on hypoglycemia prevention and treatment at each visit, based on identified risks.

Educate on the 15-15 Rule:

- In most conscious individuals, have 15 grams of fast-acting carbohydrates, and recheck glucose in 15 minutes. Repeat every 15 minutes until hypoglycemia resolves.

Prescribe glucagon for all those on insulin or at high risk for hypoglycemia. Glucagon preparations not requiring reconstitution are preferred.

- Glucagon is indicated for hypoglycemia treatment when people are unable or unwilling to consume carbohydrates by mouth.
- Choose glucagon not requiring reconstitution (intranasal or ready-to-inject preparations) for simplicity over glucagon preparations needing reconstitution for ease of administration. Those in close contact with or having custodial care of these individuals should be instructed on how and when to use glucagon.
- Instruct individuals to store ready-to-use glucagon where their support circle can access it and educate them on its use.
- Non-healthcare professionals can safely administer glucagon.

Refer those with impaired hypoglycemia awareness to a specialist for help in regaining symptom awareness.

Regularly assess cognitive function with increased vigilance for hypoglycemia in those with impaired or declining cognition.

This infographic is based on recommendations from the ADA's *Standards of Care in Diabetes—2026*