

Hypoglycemia

Empowerment for safer outcomes

*Hypoglycemia means **low blood sugar**. It happens when the sugar (glucose) in your blood drops **below 70 mg/dL.**[1]*

Signs and Symptoms [2]


Looking Pale


Shakiness


Sweating


Headache


Hunger


Fatigue


Irritability/Anxiety


Difficulty Concentrating

Why is this dangerous? [1]

- You may not notice that your blood sugar is low.
- Without warning signs, you may not treat it right away.
- This can lead to severe low blood sugar, which may cause fainting, seizures, or accidents.
- It can be especially dangerous while sleeping or driving.

Who is at risk? [1]

- People with long-term diabetes
- Those using insulin or certain medications
- Frequent low blood sugar episodes
- Older adults
- People who drink alcohol or take certain drugs

15-15 *Rule management* [3]

Consume 15 g of simple carbohydrates such as:


4-5 pcs of hard candy


1 tbsp of sugar, syrup or honey


3-4 Glucose tablets


1/2 cup of regular soda or juice

Wait 15 mins and measure your blood sugar again, and if your :

BLOOD SUGAR BETWEEN 55-69 MG/DL



Keep repeating until your :

BLOOD SUGAR IS ABOVE 70 MG/DL



Consume another 15 g of simple carbohydrates such as:


4-5 pcs of hard candy


1 tbsp of sugar, syrup or honey


3-4 Glucose tablets


1/2 cup of regular soda or juice

Prevention of diabetic hypoglycemia [2]



CHECK YOUR BLOOD SUGAR OFTEN — *Know your numbers and spot lows early.*

Take your medicines exactly as prescribed. — **TAKE YOUR MEDICATION CORRECTLY**



Record when and why lows happen to identify patterns. — **KEEP A LOG OF LOW BLOOD SUGAR EPISODES**





DRINK ALCOHOL WITH FOOD — *Never drink alcohol on an empty stomach.*



BE CAREFUL WITH EXERCISE — *Check your blood sugar before and after activity.*

Do not skip meals, especially when taking insulin or diabetes medicines. — **EAT MEALS AND SNACKS ON TIME**



Helps others assist you quickly during an emergency. — **WEAR A MEDICAL ID**





PREVENT NIGHTTIME LOWS — *Check your blood sugar before bed and have a snack if advised by your healthcare team.*

Images on All pages including Cartoons are provided for illustrative purposes only

For more information, please consult your healthcare professional.

This material is intended for patient education purposes.

REFERENCES:
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3. Rule of 15 for Diabetes 15-15 Rule for Hypoglycemia Available at https://www.healthline.com/health/diabetes/rule-of-15-diabetes#15-15-rule.Accessed on 9 September 2025

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