

Hypoglycemia low blood sugar in adults

What are the signs?

Blood sugar below 3.9 is considered low. Each person will have their own way of recognizing low blood sugar.

Some of the signs include:

Severity



Sweating



Trembling



Palpitations



Anxiety



Hunger



Nausea



Headache



Tingling



Disturbed sleep



Weird dreams



Weakness/ dizziness



Difficulty concentrating



Vision changes



Drowsiness



Difficulty speaking



Unconsciousness



How to take action

If able to swallow, EAT fast-acting sugar



15 g of glucose in the form of glucose tablets



1 tablespoon (15 mL) of honey



1 tablespoon (15 mL) sugar in water



2/3 cup (150 mL) of juice or regular soft drink



15 g fast-acting sugar (e.g. 6 Life Savers® or 2 rolls Rocket Candy)

With more severe signs (affecting mental/physical ability):

- If able to swallow → EAT 20g fast-acting sugar
- If unable to swallow → GIVE 3 mg glucagon intranasal or 1 mg SC/IM



WAIT 15 minutes and CHECK



If blood sugar is 3.9 mmol/L or ABOVE
AND next meal is in the hour



If blood sugar is 3.9 mmol/L or ABOVE
AND next meal is LONGER than 1 hour away

If blood sugar is BELOW 3.9 mmol/L
REPEAT steps above



Eat ONE of:

Starch:



ex. 7 crackers OR 1 slice of bread

AND

Protein:



ex. 1 piece of cheese OR 2 tablespoons of peanut butter



Are you Driving?

After treating a low, Wait until your blood sugar is above 5 mmol/L to start driving. Your brain might need up to 40 minutes to recover before you can safely drive again.