

WHAT TO KNOW ABOUT SEVERE LOW BLOOD SUGAR



Low blood sugar, also called hypoglycemia, is when your blood sugar levels have fallen low enough that you need to take action to bring them back to your target range. This is usually when your blood sugar is less than 70 mg/dL.¹

Very low blood sugar, or severe hypoglycemia, occurs when your blood sugar gets so low that you need help to bring it back up. It is an emergency situation that needs to be treated immediately.¹

WHAT CAUSES LOW BLOOD SUGAR?¹⁻³

- Intense exercise
- Erratic meal schedules
- Stress
- Taking too much diabetes medication
- Certain medications such as insulin or sulfonylurea
- Eating a lower amount of carbs than normal
- Inconsistent schedule
- Stacking insulin doses

THERE ARE MANY RISK FACTORS, AND IT'S DIFFERENT FOR EVERYONE.

SOME COMMON SYMPTOMS^{1,2}



Dizziness



Shakiness



Confusion



Combative behavior



Trouble answering basic questions

HOW CONFIDENT ARE YOU THAT YOU CAN MANAGE SEVERE LOW BLOOD SUGAR?



TREATMENT OF VERY LOW BLOOD SUGAR²

Mild Hypoglycemia: The Rule of 15

- Low blood sugar is at or below _____ mg/dL and/or symptoms are felt
- Eat or drink 15 grams of a fast-acting carbohydrate
- Wait 15 minutes and recheck blood sugar
- If still below _____ mg/dL, eat or drink another 15 grams of rapid-acting carbohydrate
- Once blood sugar is above _____ mg/dL, eat a small meal or snack within 1 hour

15 Grams Fast-Acting Carbohydrates

- 3-4 glucose tablets
- 1 tube glucose gel
- ½ cup regular fruit juice or regular soda
- 1 tablespoon of honey or syrup
- 1 pack of fruit snacks

THIS STEP APPROACH CAN HELP
PREVENT HIGH BLOOD SUGAR

WHAT IS GLUCAGON?

Glucagon is a hormone produced in the pancreas that helps regulate your blood sugar levels when they are too low by stimulating your liver to release stored glucose into your bloodstream. Injectable glucagon is used to treat someone with diabetes when their blood sugar is too low to treat using the 15-15 rule.⁴

Glucagon can be used when you experience any of the following⁴:



Have tried correcting with food or drink and it isn't working



Are unable to swallow safely



Feel like passing out

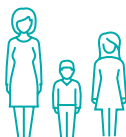


Pass out or have a seizure

Glucagon is available by prescription. In certain situations you can administer glucagon yourself. The people you are in frequent contact with should also know where you keep it and how to give you glucagon to treat severe low blood sugar in an emergency.



Patients



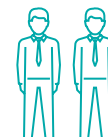
Family



Friends



Coaches



Coworkers

References: 1. National Institute of Diabetes and Digestive and Kidney Diseases. Hypoglycemia. <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-problems/low-blood-glucose-hypoglycemia>. Published August 2016. Accessed April 2024. 2. American Diabetes Association. Signs, Symptoms, and Treatment for Hypoglycemia (Low Blood Glucose). Accessed July 25, 2025. <https://diabetes.org/living-with-diabetes/hypoglycemia-low-blood-glucose/symptoms-treatment>. 3. Kedia N. Treatment of severe diabetic hypoglycemia with glucagon: an underutilized therapeutic approach. *Diabetes Metab Syndr Obes*. 2011;4:337-346. 4. American Diabetes Association. Severe Hypoglycemia (Severe Low Blood Glucose). Accessed July 25, 2025. <https://diabetes.org/living-with-diabetes/hypoglycemia-low-blood-glucose/severe>.

Visit www.verylowbloodsugar.com for more information.