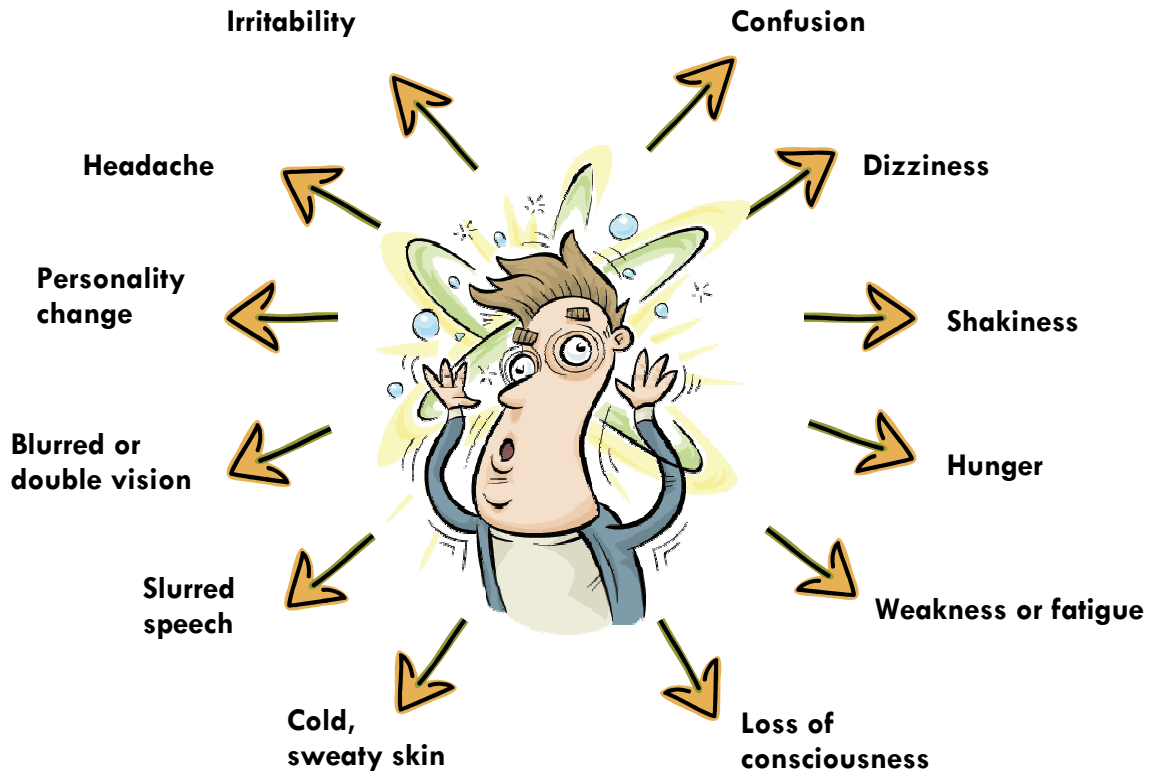


## Low Blood Sugar Symptoms



### Blood Sugar Ranges to Know

Name of Range	Blood Sugar Level
↑ High Blood Sugar or Hyperglycemia	Above 140 mg/dl
Normal Blood Sugar	70 -140 mg/dl
↓ Low Blood Sugar or Hypoglycemia	Below 70 mg/dl



## LOW BLOOD SUGAR REVIEW:

### Important Points to Remember

- If your client has symptoms of low blood sugar, use a glucometer to check his or her blood sugar.
- If your client's blood sugar is below 70 mg/dl or you aren't able to check it with a glucometer, get your client a source of glucose (or sugar) immediately.
- Follow your client's individualized plan for low blood sugar as instructed by your delegating RN

### OR

- Follow The Rule of 15 if your client does not have an individualized plan:
  - ✓ Give the person 15 grams of glucose. There are 15 grams of glucose in:
    - 4-6 ounces of fruit juice or regular soda (not sugar-free soda).
    - 3-4 glucose tablets.
    - 5-7 lifesavers or hard candy.
  - ✓ Have the person rest and re-check blood sugar in 15 minutes.
  - ✓ Repeat the steps above as needed if the person's blood sugar is still low or if the person is still having symptoms of low blood sugar.
- After your client's low blood sugar has been raised:
  - ✓ Observe your client for the return of low blood sugar symptoms.
  - ✓ Re-check your client's blood sugar if symptoms return.
  - ✓ Have your client eat meals and snacks as planned to keep blood sugar up.
- Call 911 immediately** if your client is:
  - ✓ Non-responsive or unconscious.
  - ✓ Unable to swallow or use a source of glucose safely by mouth. For example, when:
    - His or her speech is very slurred.
    - He or she is sleepy or not alert enough to follow directions.

Notify your delegating RN as soon as possible after your client has received emergency help.
- Low blood sugar is a serious problem. The role you play in recognizing and responding to it is important.