

Hypoglycemia

(LOW BLOOD SUGAR)

SOME SYMPTOMS:



Wabano



SHAKINESS



SWEATING



FAST HEARTBEAT



HEADACHE

The owl is knowlegable

Learn all you can about hypoglycemia



HUNGER

Questions? Ask your Diabetes Team!

CLARA MUNHOZ, DIABETES NURSE EDUCATOR

613-748-0657 EXT. 231, CMUNHOZ@WABANO.COM

JASNA ROBINSON-WRIGHT, REGISTERED DIETITIAN (TUES, FRI)

613-748-0657 EXT. 285, JROBINSONWRIGHT@WABANO.COM

JACOB TAILLEFER-MAY PROGRAM COORDINATOR

613-748-0657 EXT. 256, JTAILLEFERMAY@WABANO.COM



DIZZINESS



VISION CHANGES



WEAKNESS



CONFUSION



NAUSEA



Hypoglycemia

(LOW BLOOD SUGAR)



Wabano

HOW TO TREAT HYPOGLYCEMIA:

1

check and treat



CHECK YOUR BLOOD SUGAR IMMEDIATELY IF YOU'RE EXPERIENCING THE SIGNS OF LOW BLOOD SUGAR

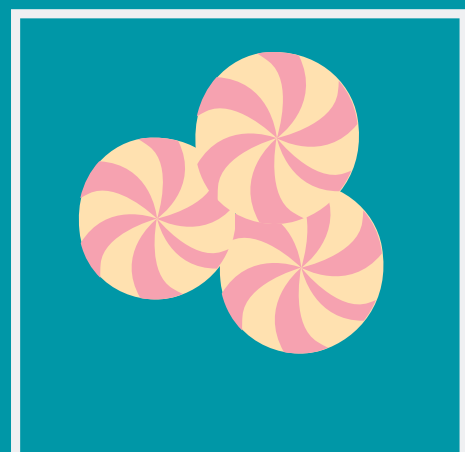
IF YOU DO NOT HAVE YOUR METER WITH YOU, TREAT SYMPTOMS ANYWAY

2

eat or drink a fast acting carbohydrate

IF BLOOD SUGAR IS LESS THAN 4MMOL/L, EAT OR DRINK A FAST-ACTING CARBOHYDRATE (15 GRAMS)

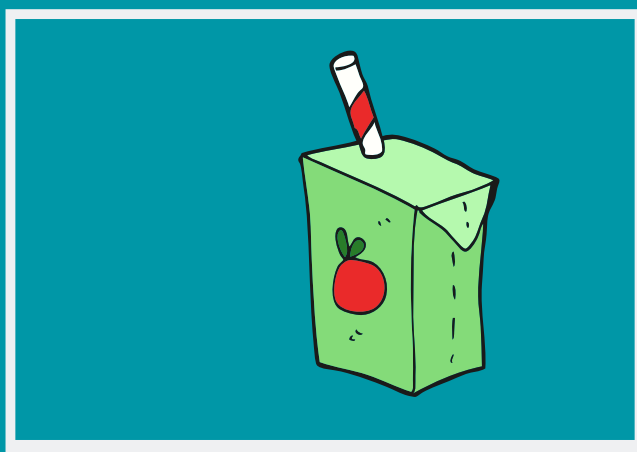
EXAMPLES:



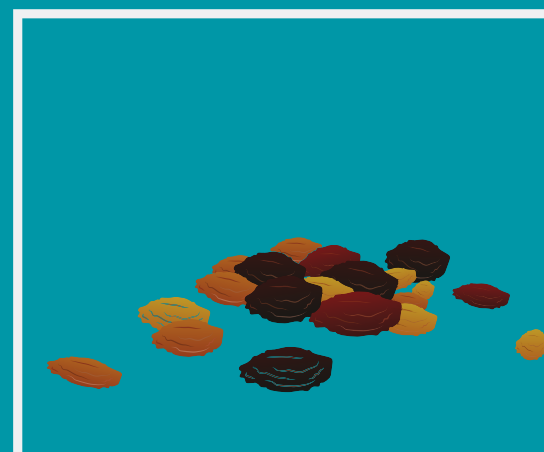
15 GRAMS OF
GLUCOSE TABS



15ML (1TBSP)
OF HONEY



175ML (3/4 CUP)
OF JUICE OR REGULAR
SOFT DRINK



30ML (2TBSP) OF
DRIED FRUIT



15ML (1TBSP) OF
MAPLE SYRUP

3

wait 15 minutes and re-test

IF BLOOD SUGAR IS STILL LOW, **REPEAT** STEPS UNTIL BLOOD SUGAR IS ABOVE 4MMOL/L
ONCE BLOOD GLUCOSE IS ABOVE 4MMOL/L EAT A MEAL WITHIN THE HOUR, OR HAVE A SNACK OF
CARBS AND PROTEINS (E.G., PEMMICAN WITH BERRIES OR SMALL PIECE BANNOCK AND HANDFUL
OF NUTS)

