

Strategies to Manage the Hypoglycemic Diabetic Patient

- **Level 1 hypoglycemia (Blood sugar < 70 but > 54 mg/dL)**
 - Ingest 15-20 g of fast-acting carbohydrates
 - 3-4 glucose tablets
 - 2 tablespoons of raisins
 - 4-5 saltine crackers
 - 1 tablespoon of honey or sugar
 - 1/2 cup of juice or regular soda
 - 15 g of dextrose (Glucose) 40% gel
 - Retest after 15 minutes and repeat as necessary
- **Level 2 hypoglycemia (Blood sugar < 54 mg/dL)**
 - Ingest 15-20 g of fast-acting carbohydrates
 - Same glucose examples as in level 1 treatment
 - Retest after 15 minutes and repeat as necessary
- **Level 3 hypoglycemia (patient needs medical assistance)**
 - **with IV access**
 - for blood glucose 40-70 mg/dL (12.5 g of D50W).
 - for blood glucose < 40 mg/dL (25 g of D50W).
 - **without IV access**
 - Glucagon (subcutaneous, intramuscular, or intranasal routes)
 - stimulates the hepatic output of glucose
 - Recheck every 15 minutes until blood sugar normalizes

*avoid oral glucose if the patient is NPO

