

EMERGENCY GUIDE

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Definition:

Hypoglycemia is a condition in which the blood glucose level falls below **70 mg/dL**.

Causes

- Too much insulin or diabetes medication
- Skipping or delaying meals
- Excessive exercise
- Eating too little carbohydrate
- Alcohol

Symptoms

Adults	Children (<5 years)
Sweating	Irritability / crying
Shaking	Screaming / anxiety
Hunger	Excessive hunger
Dizziness	Clinginess
Fast heartbeat	Poor feeding
Confusion	Sleepiness
Blurred vision	Less activity / not playing
Loss of consciousness (severe)	Unusual behavior from daily activity
Seizures (severe)	



Management

15–15 Rule (Hypoglycemia Management)

- Step 1: Take 15 grams of glucose only (e.g., glucose powder/tablets)
- Step 2: After 15 minutes, take a small snack (fruit, sundal, food, idly, dosa)
- Step 3: Check blood glucose after 30 minutes
- If still low → repeat the process
- Inform / call your diabetes educator or doctor if episodes repeat

Prevention

- Eat regular meals.
- Monitor blood glucose regularly.
- Take medications as prescribed.
- Carry glucose tablets or glucose.

HYPERGLYCAEMIA (HIGH BLOOD SUGAR)

Is your blood sugar above 300 mg/dL?

1. Did you wash and dry your hands properly before checking your blood sugar?
2. Did you have any snacks or extra food such as chips, biscuits, sweets, cool drinks, or mixers?
3. Did you eat anything between your three main meals?
4. Is insulin coming out properly from the insulin pen?
Check that the pen is working and insulin is flowing through the needle.
5. Is the insulin vial/cartridge damaged?
Check for cracks, leakage, or any visible damage.
6. Was the insulin exposed to direct sunlight or excessive heat?
Make sure insulin has been stored correctly and has not been left outside the refrigerator for too long when refrigeration is required.
7. Is there any swelling, hardening, or lump at the insulin injection site?
Avoid repeatedly injecting into the same area.
8. Have you been using the same injection site repeatedly?
Rotate injection sites regularly.
9. Is there an air bubble/air lock in the insulin pen or cartridge?
Prime the pen correctly and make sure insulin is coming through the needle.

WARNING SIGNS

Are you vomiting or feeling nauseous?

Do you have stomach/abdominal pain?

Is your blood sugar still above 200 mg/dL despite taking insulin correctly?

Are you breathing unusually fast or deeply, feeling very weak, drowsy, confused, or unable to drink fluids?

IF THESE WARNING SIGNS ARE PRESENT

Vomiting + stomach pain + blood sugar above 200 mg/dL can be a warning sign of Diabetic Ketoacidosis (DKA).

Do not delay seeking medical attention. Follow your diabetes team's sick-day/emergency instructions and contact your healthcare team or go to the nearest emergency department.

IF NONE OF THE ABOVE PROBLEMS ARE PRESENT

If you have checked all the above points and your blood sugar is still high, then call us for further guidance.