



THE 15-15 RULE FOR TREATING LOW BLOOD GLUCOSE (HYPOGLYCEMIA)

- Step 1**
Take
15
Grams
- Step 2**
Re-check
Glucose in
15
Mins
- Step 3**
Repeat
Steps 1 & 2
until Glucose
above 80
mg/dl

- Take 15 grams of fast acting carbs
- Re-check glucose in 15 mins
- Repeat steps 1 & 2 until glucose rises to 80 mg/dL or 4.4 mmol/L if person is awake and can swallow



1 Tbsp (15 ml)
Sugar



1 Tbsp (15 ml)
Honey



1/2 Cup
(120 ml)
Fruit Juice



1/2 Cup (120 ml)
Regular Soda
(Not Diet)

15 Grams of Fast Acting Carbs Ideas



8 Gummies or
6 Life Savers
(Not Diet)



2 Tbsps (30 ml)
Raisins



1 Cup
(240 ml)
Skim Milk



3 Dates

ALWAYS TALK TO YOUR HEALTHCARE TEAM ABOUT
LOW BLOOD GLUCOSE (HYPOGLYCEMIA) AND HOW TO PREVENT IT

FIND MORE RESOURCES

DiabetesDEFA.org