

RESCUE PLAN

FOR SEVERE LOW BLOOD SUGAR

INFORMATION

Name: _____

Date of Birth: _____

Home address: _____

Phone: _____

Medical contact: _____

CONTACT #1

Name: _____

Relationship: _____

Phone: _____ Alt Phone: _____

CONTACT #2

Name: _____

Relationship: _____

Phone: _____ Alt Phone: _____

SYMPTOMS OF LOW BLOOD SUGAR

MILD-TO-MODERATE LOW BLOOD SUGAR



Shakiness



Sweating



Hunger



Blurred
Vision



Dizziness



Headache



Confusion



Paleness



Irritable/
Grouchy



Weakness/
Fatigue

SEVERE LOW BLOOD SUGAR



Having
a Seizure



Unresponsive or
Unconscious



So uncooperative that they won't
accept juice or sugar by mouth

EMERGENCY PROCEDURES

Never leave someone with low blood sugar alone.
Treat the low blood sugar on the spot.

See next page for directions →

RESCUE PLAN

FOR SEVERE LOW BLOOD SUGAR

IS THE INDIVIDUAL ABLE TO EAT OR DRINK?

YES

Immediately give 20 grams of fast-acting sugar. Retest blood sugar in 15 min. If blood sugar is less than 4 mmol/L give 15 grams of fast-acting sugar.

HOW MUCH FAST-ACTING SUGAR TO GIVE



20g of glucose in the form of glucose tablets



1.5 tablespoons (20 ml) of honey



20g of sugar (e.g. 8 Life Savers or 2.5 rolls Rocket Candy)



3/4 cup (200 mL) of juice or regular soft drink



1.5 tablespoons (20 mL) sugar in water

NO

1. Have someone call 911.
2. Give the individual emergency glucagon (injectable or nasal) now.
3. If the individual is unconscious place them in the recovery position.
4. Stay with the individual until the ambulance arrives. Do not give food or drink (choking hazard).
5. Call emergency contacts.



HOW TO USE INJECTABLE GLUCAGON

DOSAGE

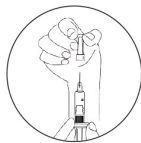
0.5 mg
(0.5 mL)

Ages 5 and younger

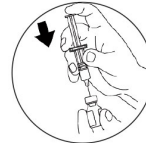
1 mg
(1 mL)

Ages 6 and older

DIRECTIONS



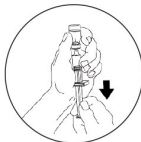
1 Remove cap



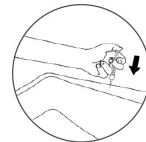
2 Inject liquid from syringe into dry powder bottle



3 Roll bottle gently to dissolve powder



4 Draw fluid dose back into the syringe



5 Inject into outer mid-thigh (may go through clothing)



6 Once individual is alert give juice or fast-acting sugar

HOW TO USE NASAL GLUCAGON

STEP 1



Hold the device between fingers and thumb

STEP 2



Insert the tip gently into one nostril until finger(s) touch the outside of the nose

STEP 3



Push the plunger firmly all the way in

The dose is complete when the green line is no longer showing