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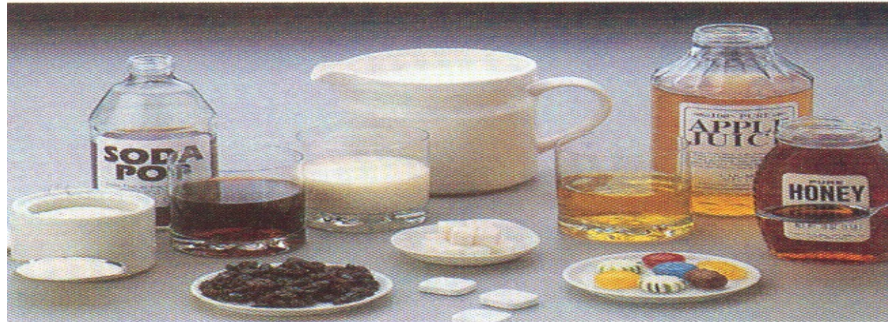
## How do I treat low blood sugar?

### Follow these steps to treat low blood sugar:

1. Check your blood sugar to see if it is below 70mg/dl.
2. Eat or drink something with sugar in it. A simple carbohydrate (kar – bow – *high* – drate) contains sugar. A carbohydrate is a form of sugar or starch that is a major energy source for the human body.

Items that provide 10 to 15 grams of simple carbohydrates to eat or drink when your blood sugar is low are listed under step 5. This is the amount of carbohydrate needed to help bring your blood sugar level back up when it gets too low.

## Foods and Drinks with 10 to 15 grams of Simple Carbohydrates:



### Some foods you can eat are:

- 🍷 1/2 cup juice (apple, orange)
- 🍷 1/2 cup regular soda  
**(not sugar-free)**
- 🍷 6 or 7 small hard candies  
**(not sugar-free)**
- 🍷 1 small box of raisins
- 🍷 3 glucose tablets
- 🍷 1 cup of milk
- 🍷 1 tablespoon of honey
- 🍷 1 tablespoon of sugar
- 🍷 5 small sugar cubes

3. Wait about 15 minutes, and then check your blood sugar.

4. If your blood sugar is still too low (or if you don't feel better), eat another 10-15 gram serving of carbohydrate and test again after 15 minutes.

5. Once your blood sugar begins to return to normal, eat an extra snack. Your snack should include a carbohydrate and a protein (like cheese and crackers).

If blood sugar is so low that your child can't drink or swallow, give Glucagon Injection as instructed by your care provider.