

MyCARE

With me, every step of the way



“ In case of **HYPOGLYCEMIA**,
the **TREATMENT** should
start immediately ”





Just follow the

15-15

TREATMENT RULE



STEP 1

**CONSUME 15G OF
FAST-ACTING
CARBOHYDRATES**

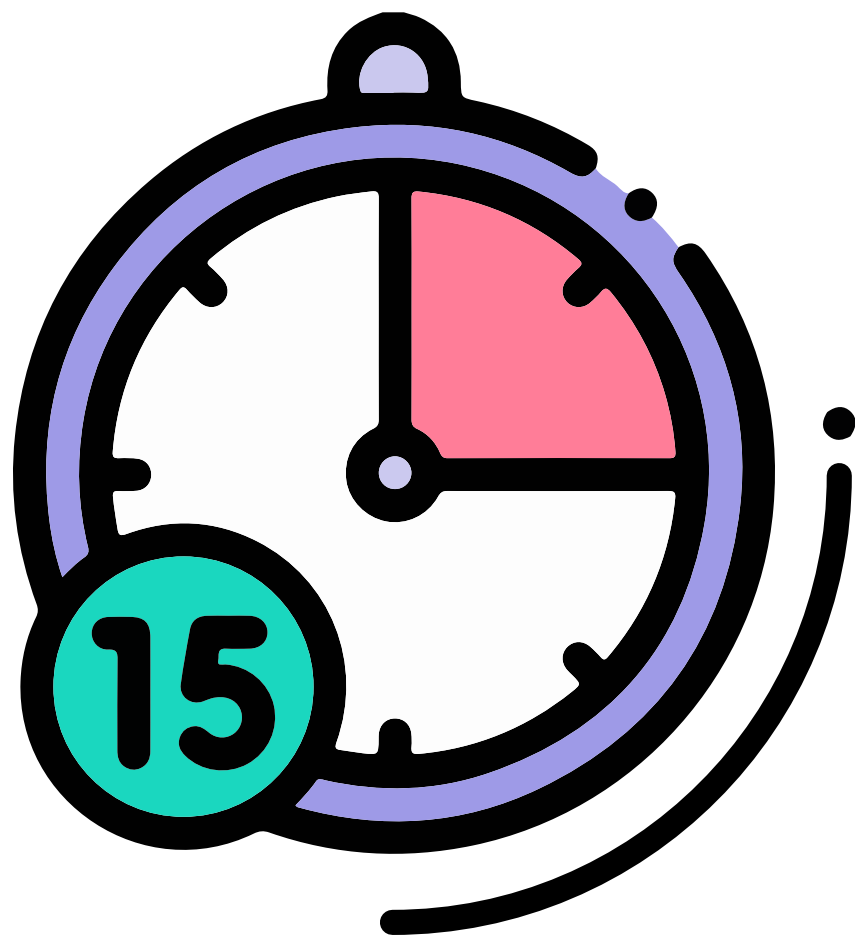


15g carbohydrate is around
**3 TEASPOONS OF
SUGAR/GLUCOSE** or around
4 GLUCOSE TABLETS

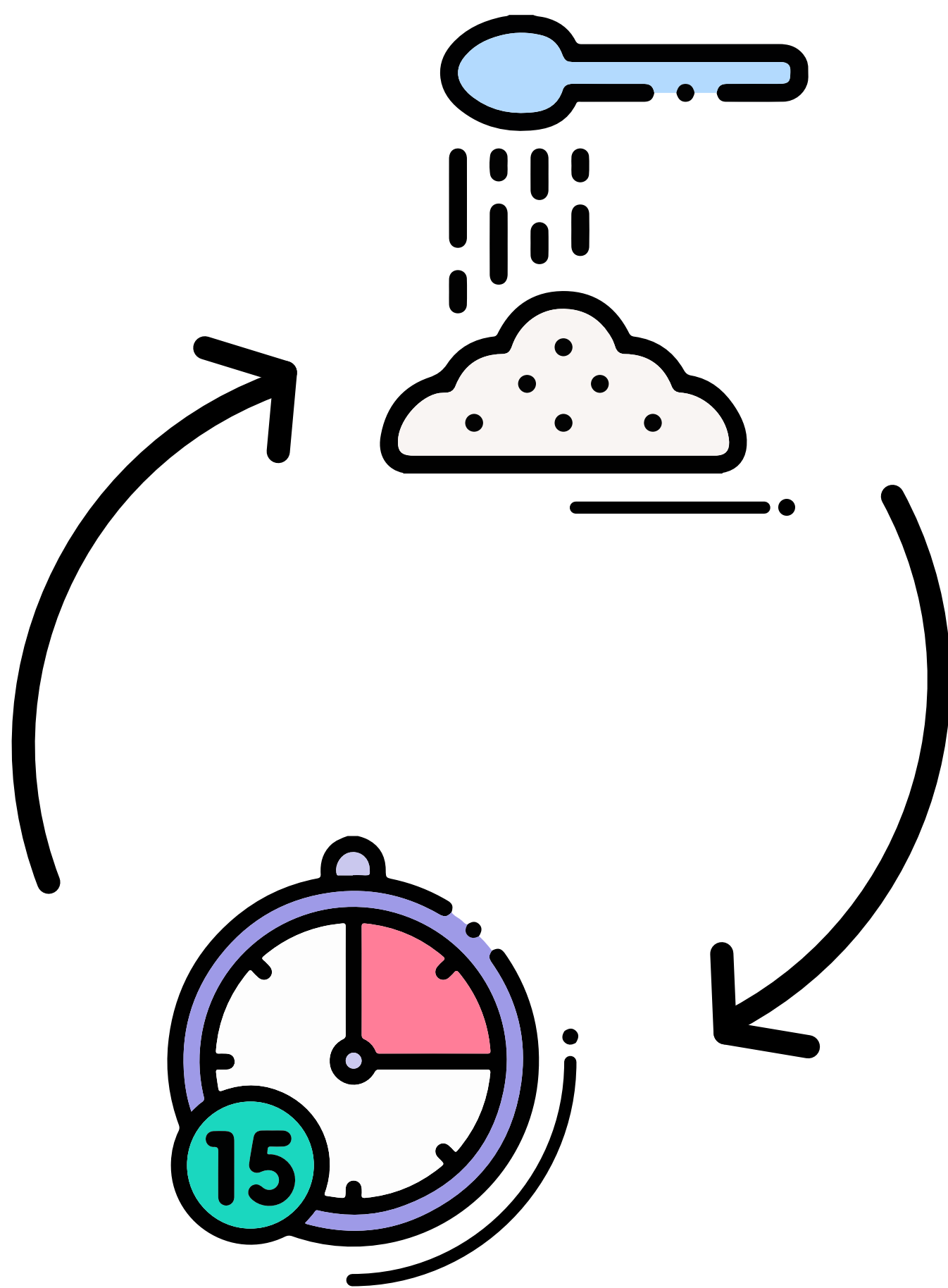


STEP 2

WAIT FOR 15 MINUTES, and then check blood glucose levels again.



If the blood glucose level is still <70 mg/dL, **REPEAT THE SAME TREATMENT.**

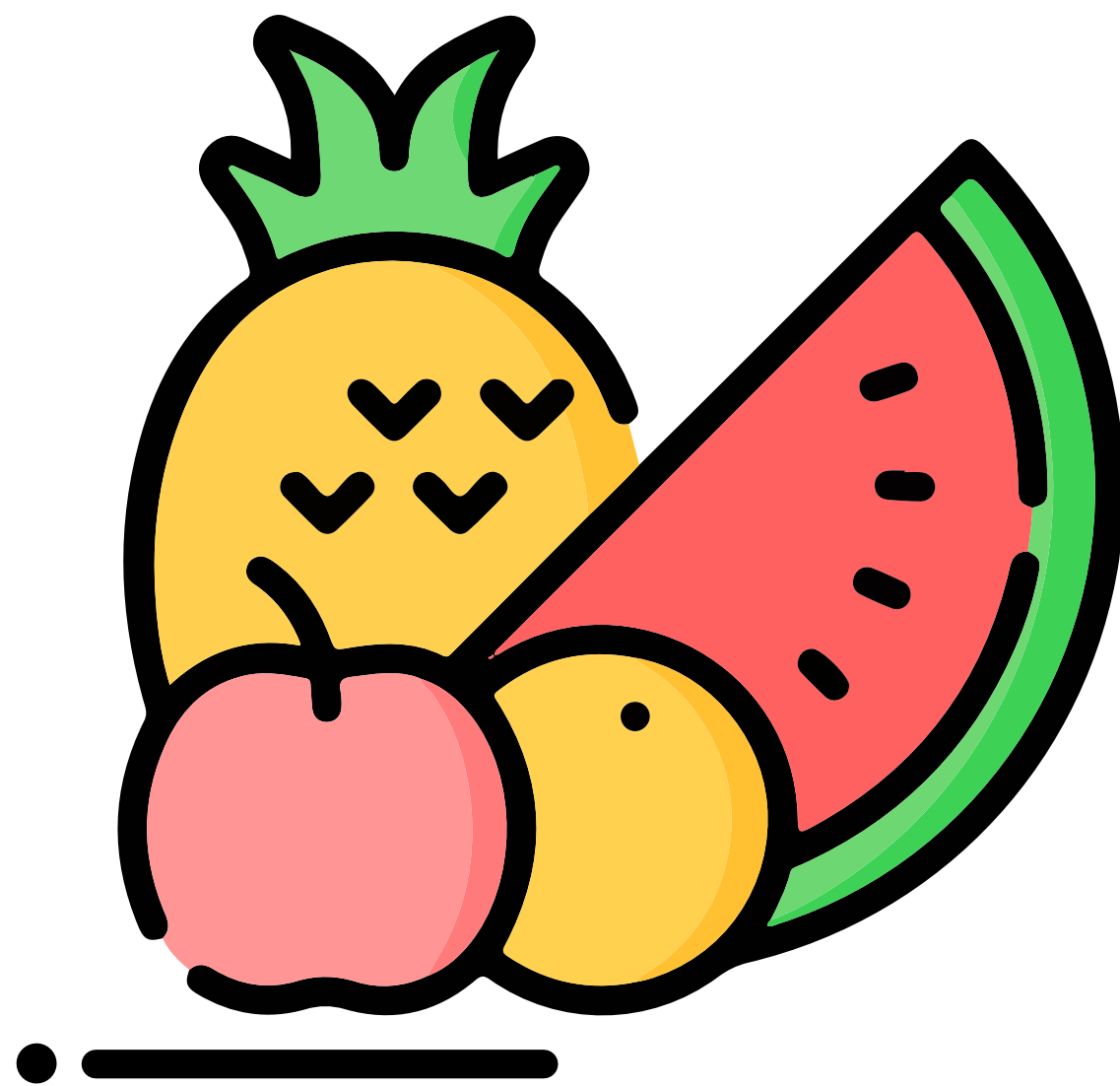


SOME IMPORTANT PRECAUTIONS TO REMEMBER



EAT A CARBOHYDRATE AND PROTEIN-RICH SNACK/MEAL

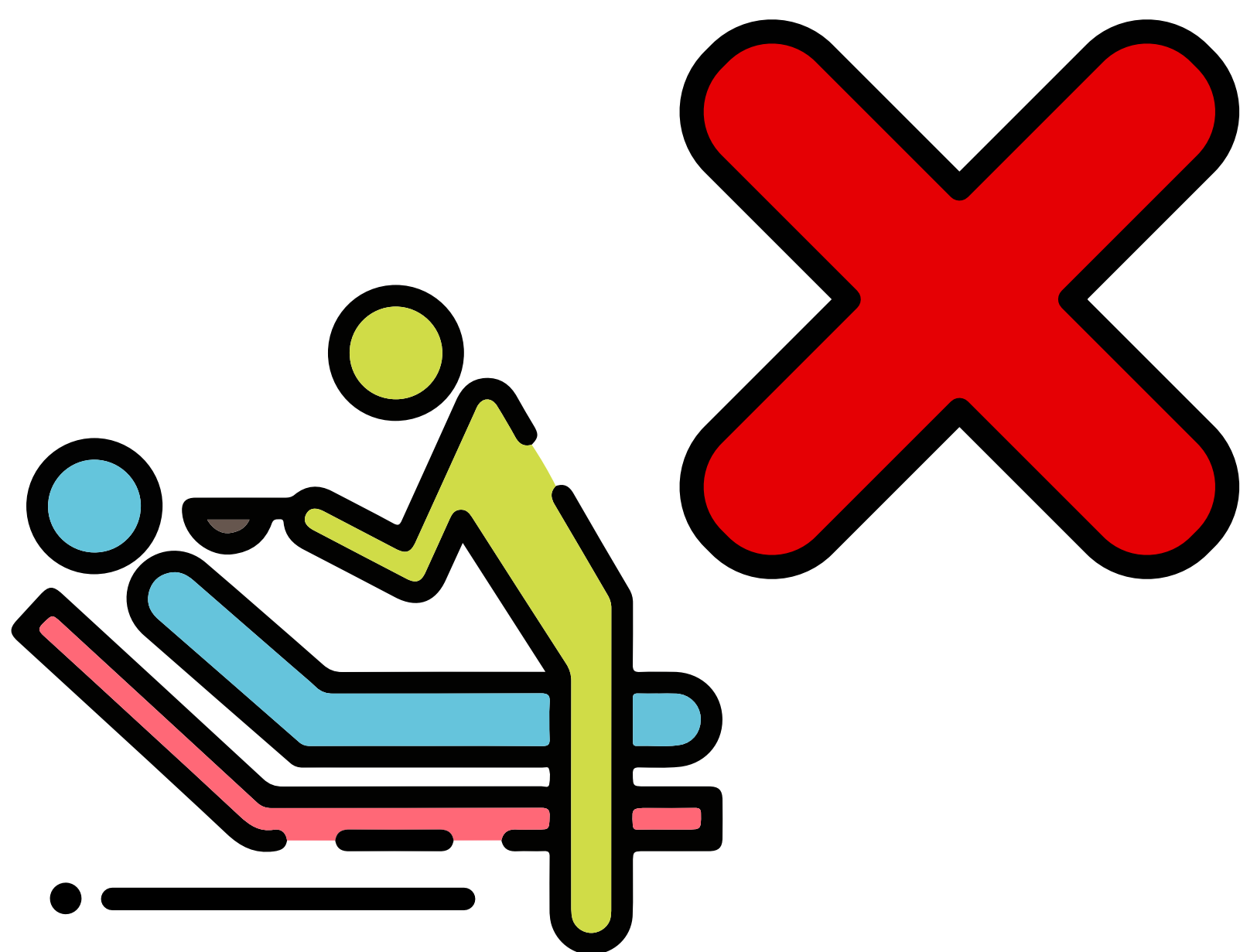
like fruit with nuts, paneer/egg wrap, etc. when the blood glucose level is >70 mg/dL, to avoid Hypoglycemia reoccurrence.



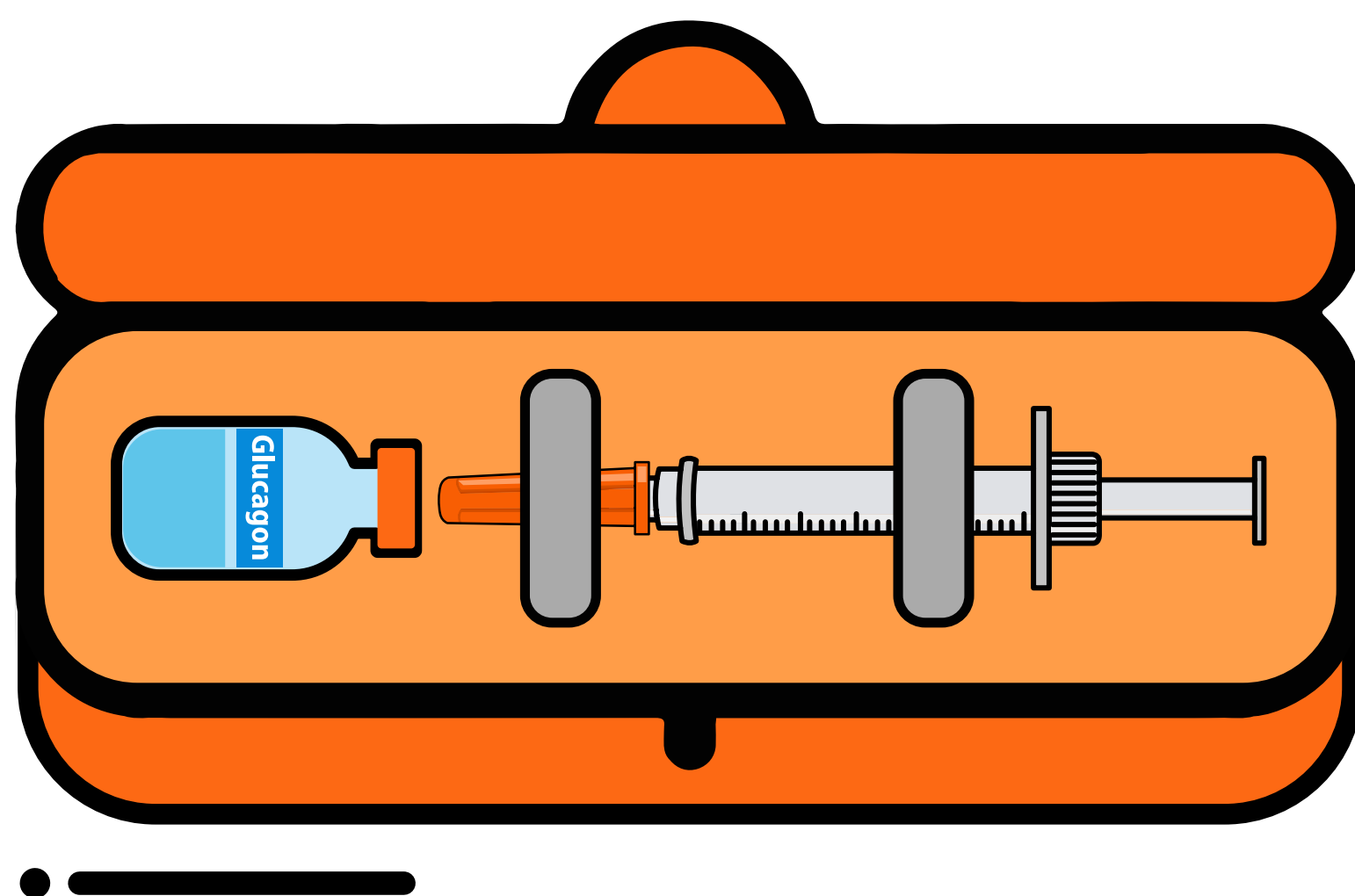
**NEVER CORRECT
HYPOGLYCEMIA WITH FATTY
FOODS** like ice creams,
chocolates, Indian sweets, or
desserts as they will take time
to raise blood glucose levels.



If you are found unconscious due to a low blood glucose episode, relatives or caregivers must be asked to **AVOID GIVING ANYTHING BY MOUTH** and rush you to the nearest hospital.

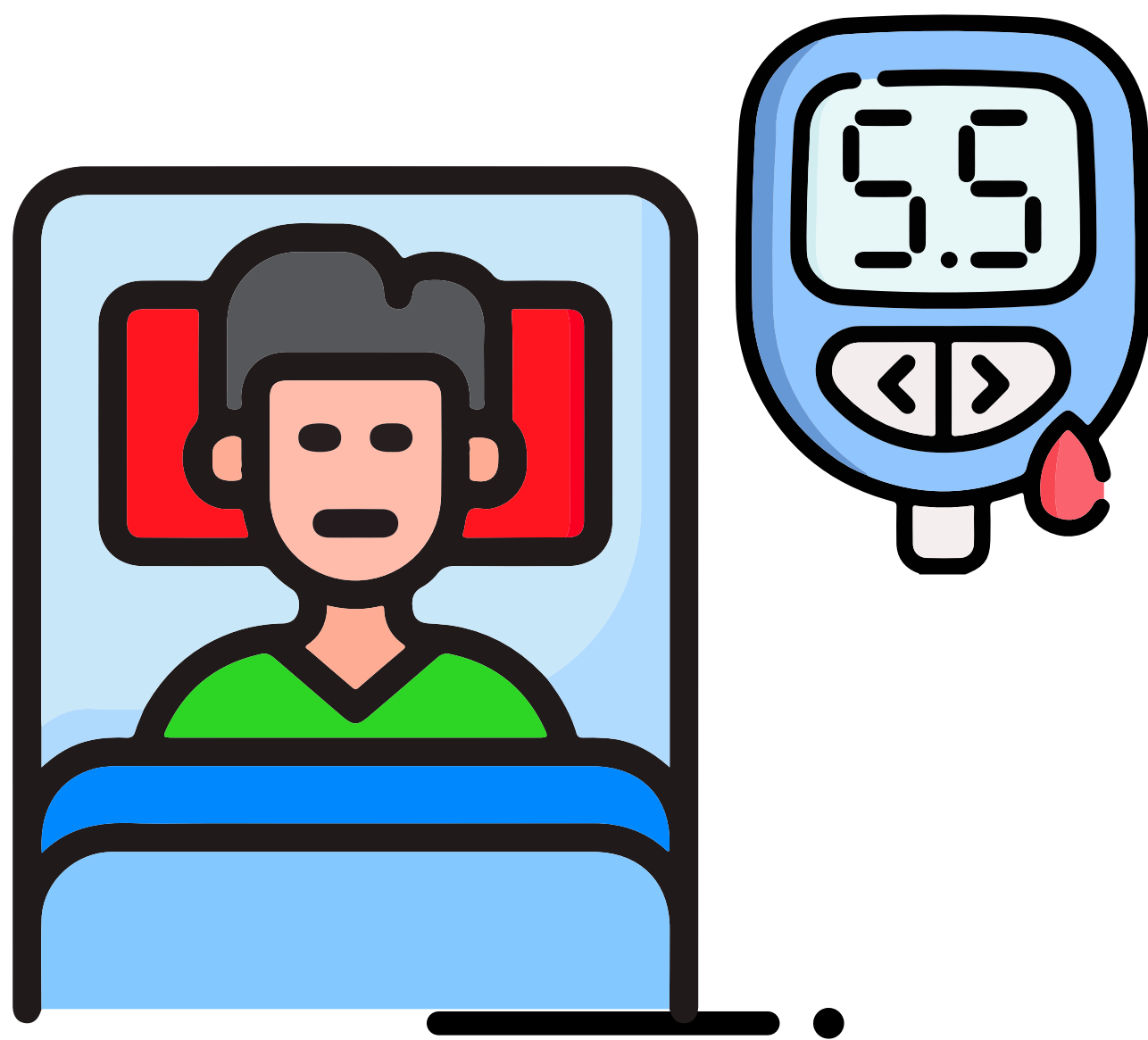


Alternatively, **YOU CAN KEEP
GLUCAGON INJECTIONS AT
HOME** to treat severe
Hypoglycemia.

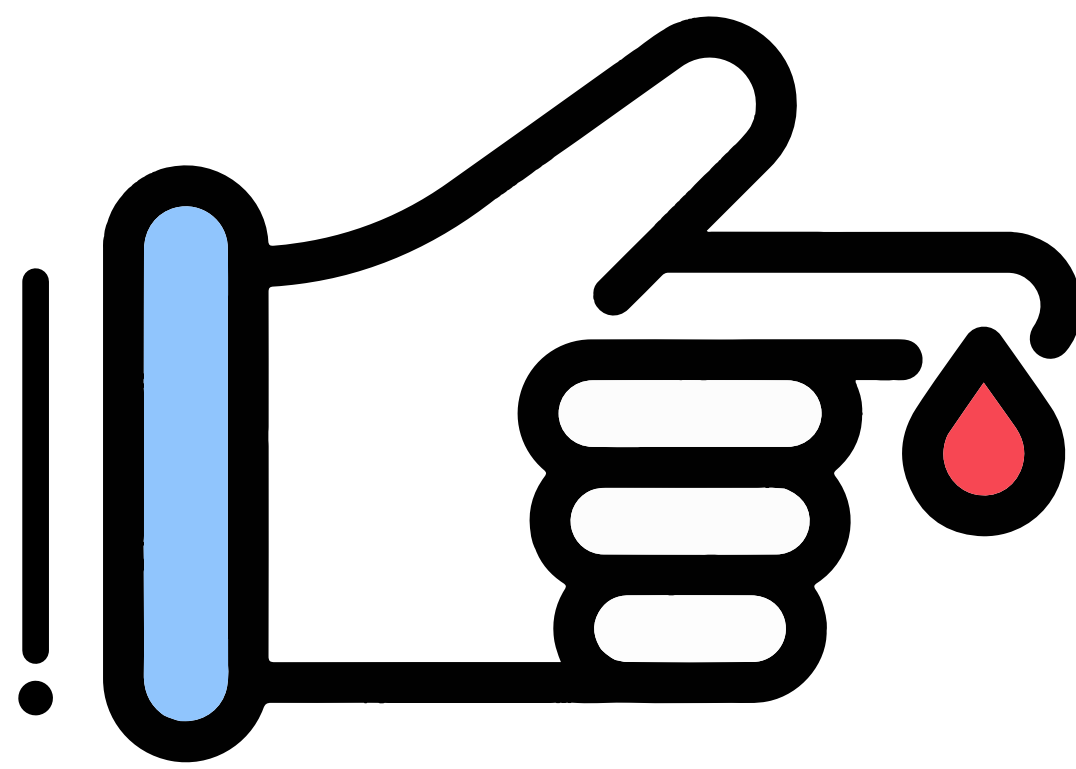


Note: Talk to your doctor for more information

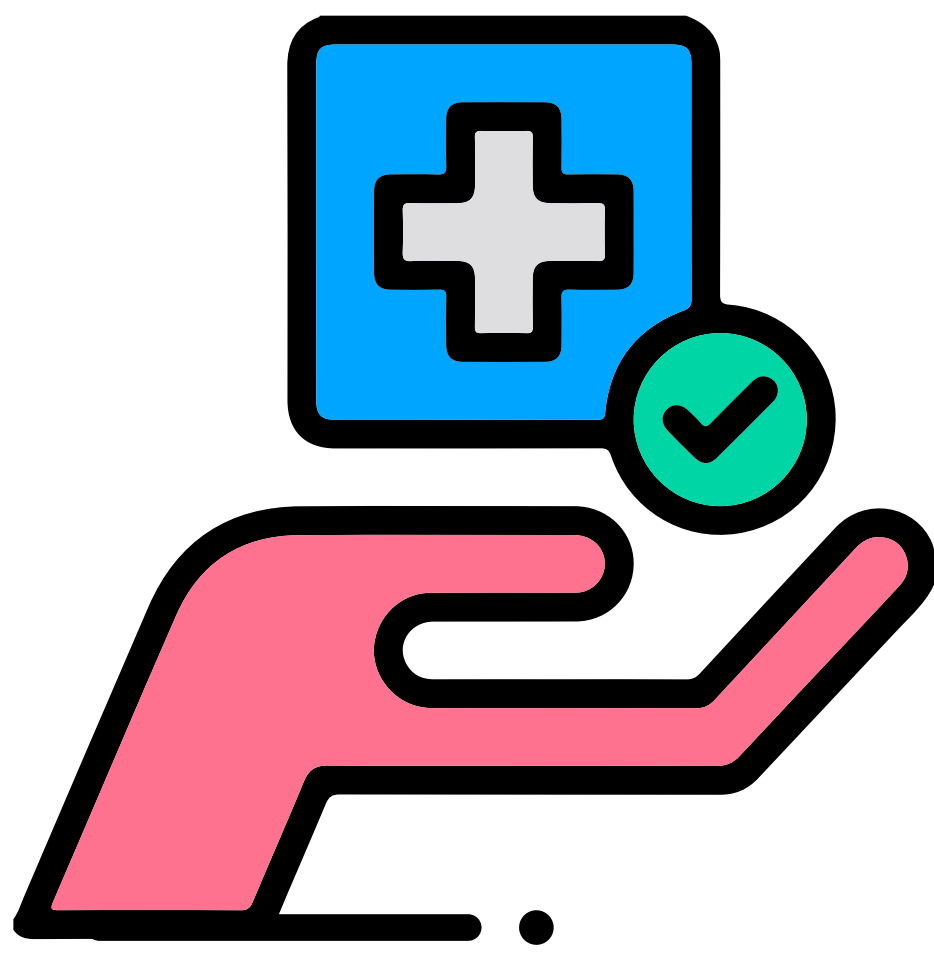
It is **ADVISABLE TO CHECK BLOOD GLUCOSE LEVELS AT BEDTIME AND 3 AM** to avoid night-time Hypoglycemia.



The only sure way to know whether you are experiencing low blood glucose is to **CHECK YOUR BLOOD GLUCOSE**, if possible.



If you are experiencing symptoms and you are unable to check your blood glucose for any reason, **TREAT THE HYPOGLYCEMIA.**



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator ”



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Reference

- Salis S. (2020) Diet in Diabetes Simplified (2nd ed.). Chennai: Notion Press.
- McTavish L, Wiltshire E. Effective treatment of hypoglycemia in children with type 1 diabetes: a randomized controlled clinical trial. *Pediatr Diabetes*. 2011;12(4 Pt 2):381-387.
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