



Low Blood Sugar

The "Jellybean Protocol"



If your blood sugar is less than 70 on the blood sugar meter, or if you have symptoms* even though you are neither diabetic nor medically overweight, you will need take in **15 grams of rapidly-absorbed carbohydrate**.

You can use:

- 1 small juice box (6 oz)
- OR 6 large jelly beans (Brach's type)
- OR 14 small jelly beans (Jelly Belly type) (Pick one of these that you can easily carry with you!)
- OR 8 candy corns
- OR 1 Tb honey or jelly/jam (restaurant packet)
- OR 3 restaurant packets of sugar (1 Tb sugar), or 3 sugar cubes, stirred into warm water
- OR 3 glucose tabs

Recheck blood sugar 15 minutes after taking carbohydrate, and if less than 70:

- Take a glass of milk OR other protein-containing snack
- (Sandwich using 1 slice of bread,
- OR 6 crackers with cheese or peanut butter, (To find out carbohydrate contents of foods, see www.caloriecount.about.com)
- OR small yogurt,
- OR 2 cheese sticks, etc),

...Then recheck blood sugar after another 15 minutes.

Call doctor if it is still less than 70.

*Symptoms of abnormally low blood sugar:

Weakness, trembling, sweating, lightheadedness, dizziness, headache, inability to concentrate, crying, irritability, hunger, numbness around the lips and fingers.

IMPORTANT: *These symptoms may not be related to blood sugar at all!*

Only a blood glucose meter can tell you if your blood sugar (under 70) is causing them.



half + half,
cinnamon, sugar,
chocolate powder,
plastic spoon =
free breakfast
at the coffee shop

Danger Signs for People Who Have Diabetes

(Must be treated with fast-acting sugar source immediately)

- Loss of coordination, not walking normally, can't use phone
- Slurred speech, hard to understand
- Confusion, not making sense, or not responding
- Loss of consciousness
- Seizure

If a person with diabetes is unconscious, not able to follow directions, or is unable to swallow, **THIS IS AN EMERGENCY. Do not give anything by mouth. Call 911,** or take them to Emergency Room, if that is faster.