

Managing Hypoglycemia

If you take insulin or certain diabetes medications, keeping fast-acting glucose on hand is crucial. When blood sugar drops below 70 mg/dL, quick action is needed to prevent dangerous lows.

Your Best Option for Fast Acting Glucose

The fastest way to raise blood sugar are glucose tablets and gels.

- **Precise dosing** – Each tablet contains 4-5g glucose, and gels provide 15-24g glucose.
- **Portable and convenient** – Easy to carry in your bag, car, or bedside drawer.

The “Rule of 15” for Treating Lows

1. Take 15 grams of glucose (3-4 glucose tabs or 1 gel packet).
2. Wait 15 minutes and recheck your blood sugar.
3. If it’s still low, take another 15g of glucose.



Why Not Use Juice or Candy?

- Orange juice, soda, and candy contain complex sugars (sucrose & fructose) that take longer to absorb.
- High-fat snacks (like chocolate) slow glucose absorption, delaying treatment.
- Glucose tablets & gels work faster and more reliably.

Always Be Prepared

Keep glucose tablets or gels in multiple places:

- Next to your bed
- In your car
- In your purse, briefcase or backpack

Never wait too long to treat hypoglycemia—if someone is unconscious, seek emergency care and use a glucagon injection if available.

Fast-acting glucose saves lives. Stay prepared and treat your body with the care it deserves!



We're committed to your health. Contact us today for more information.

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The Advanced Diabetes Supply Group



Advanced Diabetes Supply

Website: www.advanceddiabetessupply.com

Patient Support: 1-866-422-4866

Email: customer care@northcoastmed.com



US MED

Website: www.usmed.com

Patient Support: 1-877-840-8218

Email: customerservice@usmed.com