

Diabetic after Treatment for Hypoglycemia

Your health and safety are very important to us. Because of the large number of people with the flu, hospitals and emergency rooms are very busy. As a result, we are closely evaluating who we can take in the ambulance to the hospital.

We have evaluated that you do not need to go in the ambulance to the hospital at this time. Paramedics are giving you this sheet to help you care for yourself at home.

You can get medical care at a clinic, urgent care center or an emergency room. If you decide to do so, you will need to get to these places on your own. Remember hospitals are seeing a lot of patients with the flu. If you go to a hospital you risk getting infected with the flu.

After Treatment by the Paramedics

The paramedics have treated you for hypoglycemia (Low blood sugar). It is important that you understand that the sugar that the paramedics administered to you is fast acting and will wear off quickly. It is important that you finish eating something now. The calories from food will last longer and help prevent another low blood sugar.

- If the paramedics started an IV on you and the IV site starts to bleed, apply firm pressure on the site with a clean cloth for at least 5 minutes while elevating the arm.
- Call your primary care provider and advise them that you had the ambulance out for low blood sugar.
- Check your blood sugar frequently for the next few hours.
- Over the next few days, watch for signs of infection at the IV site. Signs include:
 - If the skin around the IV site becomes red, warm, swollen, or increasingly painful
 - Any red streaking of the skin from around the IV site up the arm
 - Fever
 - Yellow or green drainage from the IV site

Seek medical attention if you note any of the above signs.

Understanding Hypoglycemia (Low Blood Sugar)

Too little glucose (sugar) in your blood is called **hypoglycemia** or **low blood sugar**. Diabetes itself doesn't cause low blood sugar. But some of the treatments for diabetes, such as pills or insulin, may increase your risk for it. Low blood sugar may cause you to lose consciousness or have a seizure. So always treat low blood sugar right away.

If you have low blood sugar, you may have these symptoms:

<ul style="list-style-type: none">• Shakiness or dizziness• Cold, clammy skin or sweating• Headache• Nervousness	<ul style="list-style-type: none">• A fast heartbeat• Weakness• Confusion or irritability• Blurred vision
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If you get any of these signs, check your blood sugar. If it is too low (out of your target range), eat or drink 15 grams of fast-acting sugar. This may be 3-4 glucose tablets, 4 oz (half a cup) fruit juice or regular (non-diet) soda, 8 oz (one cup) fat-free milk, or 1 level tablespoon of sugar. Don't take more than this, or your blood sugar may go too high.

- If you missed a meal causing your sugar to fall, eat a quick meal now.
- If you did not miss a meal, wait 15 minutes. Then recheck your blood sugar if you can.
- If your blood sugar is still too low, repeat the steps above and check your blood sugar again.
- Once your blood sugar returns to target range, eat. If your next meal is less than 1 hour away, eat that meal now. If it's more than 1 hour, eat a snack, such as half a sandwich, or crackers and cheese.
- If your blood sugar still has not returned to your target range, contact your healthcare provider or seek emergency care.

Preventing Low Blood Sugar

- Eat your meals and snacks at the same times each day. Don't skip meals!
- Ask your healthcare provider if it is safe for you to drink alcohol. Never drink alcohol on an empty stomach.
- Take your medication at the prescribed times.
- Always carry a source of fast-acting sugar or a snack when you're away from home. When you feel the symptoms of low blood sugar coming on, either check your sugar right away or eat your fast-acting sugar or snack.

Other Things to Do

- Carry a medical ID card or wear a medical alert bracelet or necklace. It should say that you have diabetes. It should also say what to do if you pass out or have a seizure.
- Make sure your family, friends, and coworkers know the signs of low blood sugar. Tell them what to do if your blood sugar falls very low and you can't treat yourself.
- Keep a **glucagon emergency kit** handy. Be sure your family, friends, and coworkers know how and when to use it. Check it regularly and replace the glucagon before it expires.

Talk to your healthcare team about other things you can do to prevent low blood sugar.

This information is to help you care for a person with diabetes and a hypoglycemic reaction.

The evaluation and/or treatment by the paramedics today are not to replace the recommendation of a doctor.

You can get medical care by a doctor on your own.

You should call 911 for any medical symptom, concerns that happen after we leave today.



These Home Care Instructions are for use during specified times of severe pandemic influenza, courtesy of the Metro Region EMS System, Metro Emergency Services Board, 2099 W. University Avenue, St. Paul, MN 55014-3431