

CHECKLIST

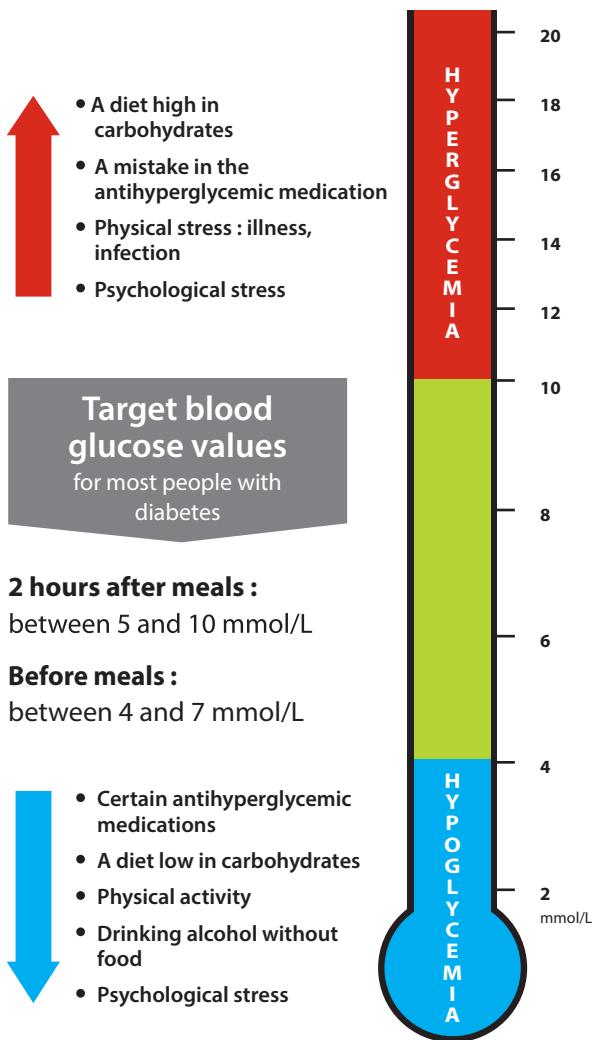
for a person with
Type 2 diabetes



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Be proactive!

- Try to identify the cause of the hyperglycemia or hypoglycemia.
- Take the necessary measures to avoid a reoccurrence.
- Consult a health professional, if necessary.

Hypoglycemia

(less than 4 mmol/L)



DIZZINESS



HUNGER



SWEATING



SHAKINESS

Take immediate action

1. Take 15 g of rapidly absorbed carbohydrates (choose one) :

- 4 Dex4® tablets
- 4 sugar packets dissolved in water
- 150 ml (2/3 cup) of a fruit drink
- 150 ml (2/3 cup) of a **regular** soft drink
- 15 ml (1 tablespoon) of honey **or** maple syrup

2. Wait 15 minutes, at rest

3. Measure your blood glucose

A. If the reading is less than 4 mmol/L :

Treat yourself again following steps 1 to 3

B. If the reading is 4 mmol/L or higher :

If the next planned meal or snack is **more than an hour away**, have a snack containing 15 g of carbohydrates and some protein.

Ex.: 1 slice of bread with 30 g (1 oz.) of cheese.

Hyperglycemia



INTENSE THIRST



FATIGUE



EXCESSIVE HUNGER



FREQUENT URINATION

What should you do?

Drink lots of water to prevent dehydration.

If your blood glucose is above 25 mmol/L and you feel excessively drowsy,

consult a doctor immediately.