

If you have any comments or questions, please call your local fire department during normal business hours.



For more information on low blood sugar, you can call the

**American Diabetes Association**

**1-800-DIABETES**  
(1-800-342-2383)

or go online to  
**www.diabetes.org**

# Low Blood Sugar

*After Care Instructions*

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EMT: \_\_\_\_\_

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Date: \_\_\_\_\_

EMT: \_\_\_\_\_

Your fire department measured your blood sugar during your medical emergency. Prior to treatment, your blood sugar level was \_\_\_\_\_.

Your hypoglycemic episode was treated by the following method:

**No Treatment**

The EMTs gave no immediate treatment because \_\_\_\_\_

**Oral Glucose** \_\_\_\_\_ gm

**Other** \_\_\_\_\_

After administration of glucose and/or prior to the departure of the EMS Team, your blood sugar level was \_\_\_\_\_.

*You may be called in a week or two in order to find out how you are doing.*

**If you are choosing to stay at home:**

- Eat a **FULL MEAL NOW**.
- Contact your doctor before you take your next insulin dose. If you are unable to contact your doctor, reduce your next insulin dose by 25%. **Keep trying to contact your doctor.**
- Check your blood sugar frequently for the next several hours.
- **DO NOT:** stay alone or drive/operate dangerous machinery for the next six (6) hours
- If your condition worsens or initial signs and symptoms return, **CALL 911 IMMEDIATELY!**

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