

# HOW TO MAKE LOW BLOOD SUGAR PREPAREDNESS A HIGH PRIORITY

Feeling low takes on a whole new meaning if you have diabetes.

Even with careful monitoring and management, low blood sugar (hypoglycemia) events can happen unexpectedly and at any time. Hypoglycemia can be mild, moderate, or severe (very low), which is considered a medical emergency.

This conversation starter can help you connect with your diabetes healthcare team about preparing for low blood sugar and creating a rescue plan in case of a very low blood sugar emergency.

**It's your time to Know Before the Low™.**

## DID YOU KNOW?

Not everyone experiences the same signs and symptoms of low blood sugar.<sup>1</sup> Keep a record of your low blood sugar events and talk to your healthcare team about creating a preparedness plan.



**WHAT EXACTLY IS A VERY LOW BLOOD SUGAR EMERGENCY?**

## GET THE LOWDOWN

**A very low blood sugar emergency** is when your blood sugar drops so low that you lose mental and/or physical functioning, requiring the assistance of someone else to recover.<sup>1</sup>

Regardless of how well blood sugar levels are monitored and managed, it's important to be prepared before the low with a rescue plan that's right for you and your support network—the people you'd rely on to help you in a very low blood sugar emergency.

You may have discussed low blood sugar with your diabetes healthcare team before, but consider also discussing the following three simple topics and questions at your next appointment.

## KNOW ABOUT LOW BLOOD SUGAR

- How often should I check my blood sugar levels?
- What is a normal blood sugar level? What's a low blood sugar level?
- What happens if my blood sugar levels get too low?
- What are the warning signs and symptoms of low blood sugar?
- Are people on insulin at risk for a very low blood sugar emergency?

## PREPARE BEFORE VERY LOW BLOOD SUGAR EMERGENCIES

- What are some ways to prepare for a very low blood sugar emergency?
- If I'm unable to eat or drink, what can be done to raise my blood sugar in the event of an emergency?
- What signs and symptoms of low blood sugar, especially a very low blood sugar emergency, should I tell my support network about?
- I want to create a rescue plan to prepare for a very low blood sugar emergency. Should I have a prescription rescue therapy?
- Who in my support network should I empower with my rescue plan?

## SHARE YOUR RESCUE PLAN WITH YOUR SUPPORT NETWORK

- How do I start the conversation about low blood sugar and very low blood sugar emergencies with people around me who might need to know?
- What should I teach my support network about how to help if I'm experiencing a very low blood sugar emergency?

FOR MORE INFORMATION, VISIT [KNOWBEFORETHELOW.COM](https://www.knowbeforethelow.com).

1. Association of Diabetes Care and Education Specialists, Hypoglycemia. Website: <https://www.diabeteseducator.org/docs/default-source/living-with-diabetes/tip-sheets/Hypoglycemia/hypoglycemia-symptom-and-treatment-tip-sheet.pdf?sfvrsn=0>

Resources and content developed in partnership with the American Association of Clinical Endocrinologists (AACE).

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