

TIP LIST

BE PREPARED FOR LOW BLOOD SUGAR

Despite your best efforts in managing the highs and lows that come along with diabetes, unexpected low blood sugar (hypoglycemia) can happen at any time. Low blood sugar events can range from mild or moderate to severe (very low). A very low blood sugar event is a serious, potentially life-threatening emergency that requires assistance from someone else to recover.¹

Do you know the symptoms of low blood sugar? Do you know if your support network is rescue ready?

Using the following tips, you can help ensure that you and your support network are knowledgeable about low blood sugar as well as prepared in the event of a very low blood sugar emergency. Work with your doctor to be prepared for low blood sugar and develop a rescue plan that is right for you.

Get ready to Know Before the Low™.

KNOW ABOUT LOW BLOOD SUGAR

Hypoglycemia occurs when blood sugar levels fall below 70 mg/dL. A drop in blood sugar can be mild, moderate, or severe.¹

In each of these scenarios, it's important to recognize the signs and take the appropriate action to bring your blood sugar level back within target range.

TIP: Make sure you understand and inform your support network about low blood sugar.

KNOW THE DIFFERENT STAGES

Signs and symptoms of low blood sugar vary at different stages from person to person and may include pale complexion, shakiness, lack of coordination, mood changes, slurred speech, inattention and confusion, and even seizures or loss of consciousness.¹

Mild: The person is conscious and able to think clearly enough to self-treat by eating or drinking fast-acting carbohydrates.¹

Moderate: The person is conscious, but may not be thinking clearly. He or she can usually self-treat with glucose tablets or by eating or drinking fast-acting carbohydrates.¹

Severe (Very Low): The person is conscious or unconscious and unable to self-treat, requiring someone else to administer treatment. This is also known as a very low blood sugar emergency.¹

TIP: It's important to understand the differences between mild, moderate, and severe (very low) blood sugar. Be sure to inform your support network about the different stages of low blood sugar.

KNOW YOU'RE PREPARED

Talk to your healthcare professional(s) about preparing for mild-to-moderate low blood sugar and very low blood sugar emergencies.

A rescue plan for very low blood sugar emergencies is a critical component in diabetes management. This helps you and your support network feel confident and knowledgeable, should low blood sugar occur. Ask your healthcare team if a prescription rescue treatment for very low blood sugar emergencies is the right choice to include in your rescue plan.

TIP: Be prepared! Discuss a rescue plan for very low blood sugar emergencies with your diabetes healthcare team. Share your plan with your support network so they're prepared in case of an emergency.

KNOW WHERE YOUR SUPPLIES ARE

Keeping your diabetes supplies nearby is important. Always have fast-acting carbohydrates, and consider carrying a current prescription rescue treatment, to have on-hand and accessible at any time. Let your support network see your low blood sugar supplies. Make sure they know where to find them and how to use them!

TIP: Make sure you and your support network know where to locate your fast-acting carbohydrates and a prescription rescue treatment at all times.

KNOW YOUR SUPPORT NETWORK IS READY

An important step is identifying people in your support network who can be part of your rescue plan, including family, friends, coaches, roommates, teachers, or co-workers. Consider your lifestyle and routines to determine who may be able to administer your very low blood sugar rescue therapy.

Once you identify the people in your support network, the next step is to share your rescue plan with them. Go over treatment instructions and empower them with the knowledge to step in if needed.

Use the following grid to identify your network—help them learn what to Know Before the Low!

TIP: Identify your support network and empower them on what to Know Before the Low!

MY SUPPORT NETWORK

Your support network may extend far and wide. Get started by listing who is prepared with what to Know Before the Low.

NAME	RELATIONSHIP	CONTACT INFO

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>

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