

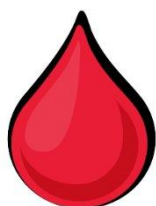
Blood Sugar Quick Guide

This is a guide to help you make decisions based on your child's blood sugar value.



Low Blood Sugar (below 70)

1. Give **15 grams of simple sugar**, like 4 ounces of juice.
2. Check blood sugar again in 15 minutes.
3. If it's still below **70**, repeat steps 1 and 2.
4. If it's still below **70** after 3 treatments call the Hotline at (323) 361-2311.
5. Once the blood sugar is above **70**, give a snack if not planning to eat a meal in the next hour. It should have **8 to 10 grams of complex carbohydrates (carbs)**. For example, 6 ounces of milk. Do not use rapid-acting insulin.



High Blood Sugar (over _____)

1. If it has been **more than 2 hours since the last rapid-acting insulin injection**, it is safe to give another dose to lower blood sugar.
2. If it has been **less than 2 hours since the last rapid-acting insulin injection**, do not give another dose to correct high blood sugar. Do still give rapid-acting insulin to cover all carbs.

Food



1. **Always** use rapid-acting insulin to cover the carbs in food.
2. After an insulin injection follow the **wait times** below before eating.

Blood Sugar	Time to Wait Before Eating
70 to 150 mg/dL	0 to 10 minutes
151 to 200 mg/dL	15 minutes
201 to 250 mg/dL	20 minutes
251 to 300 mg/dL	25 minutes
301 to 350 mg/dL	30 minutes
351 to 400 mg/dL	35 minutes
401 to 450 mg/dL	40 minutes
451 to 500 mg/dL	45 minutes
501 or higher mg/dL	50 minutes



Bedtime

1. If blood sugar is between **70 and 100**, give a snack with **8 to 10 grams of complex carbs**. For example, 6 ounces of milk.
2. If blood sugar is below **70** at bedtime, follow the steps for **Low Blood Sugar (below 70), including 8 to 10 grams of complex carbs**.
3. Give long-acting insulin every day at bedtime.