



Diabetes Alert!

If I seem confused, disoriented or even drunk, it may be because I am suffering from **low blood sugar**. If I am slow to respond or losing consciousness, **please call 911 immediately**.

 If I am conscious and responsive, please **Give Me Sugar!** 

- 15 mL (3 teaspoons) or 3 packets of table sugar dissolved in water
- 15 mL (1 tablespoon) of honey
- 175 mL (3/4 cup) of juice or non-diet soft drink
- 6 LifeSavers® (1=2.5 g of carbohydrate)

As per the Canadian Diabetes Association of Clinical Practice Guidelines.

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Name: _____ Type: Type 1 Type 2

Emergency contact: _____ Phone: _____

Hospital/medical centre: _____ Phone: _____

Physician: _____ Phone: _____

Insulin medication: _____

Other medications/conditions: _____

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