

GLUCOSE PRODUCTS

• By Kelly Rawlings

B

Treat lows fast with these sources of sugar

Blood glucose lows (hypoglycemia) can come on fast, so you'll want to be prepared to treat immediately—and before you do something dangerous such as drive while low. People with type 1 diabetes frequently have mild lows, while people with type 2 diabetes can also develop hypoglycemia if they take insulin or sulfonylureas. The following products are specifically designed to provide glucose for lows. These products are fat free, which may help speed the absorption of sugar, and the serving sizes are precise, so you'll know exactly how many carbohydrate grams you've swallowed. In addition to the name-brand products listed below, lower-priced yet equally effective store brands are also available.

GELS



DEX4 FAST-ACTING GLUCOSE (Perrigo)
Dose: 1 pouch (1.2 oz.) for 15 g carbohydrate
Details: One-dose disposable pouch, in fruit punch, mango twist, and tropical blast flavors; also available in store brands



LEVEL LIFE (Level Foods)
Dose: 1 pouch (1.1 oz.) for 15 g carbohydrate
Details: One-dose disposable pouch sold in packs of three, in green apple, mandarin orange, strawberry banana, and vanilla flavors



TRUEPLUS GLUCOSE GEL (Nipro Diagnostics)
Dose: 1 pouch for 15 g carbohydrate
Details: One-dose disposable pouch, in fruit punch flavor; also available in store brands

LIQUIDS



DEX4 FAST-ACTING GLUCOSE (Perrigo)
Dose: 1 bottle (2 oz.) for 15 g carbohydrate
Details: Resealable screw-top bottle, in berry burst, grape, and mango twist flavors; also available in store brands



TRUEPLUS GLUCOSE SHOT (Nipro Diagnostics)
Dose: 1 bottle (2 oz.) for 15 g carbohydrate
Details: Resealable screw-top bottle, in mixed berry, orange, and pomegranate flavors; also available in store brands

CARRY PORTIONED GLUCOSE PRODUCTS ON YOU—NOT JUST LOCKED IN YOUR CAR, CHECKED BAG, OR LOCKER.

TREATING LOWS

The “15-15 rule” is a memory aid that lists the steps of treating low blood glucose. But it’s just a general starting point. Ask your health care provider how you should treat low blood glucose, including what glucose products and how much to use as well as common foods and drinks with fast-acting carbohydrate, such as sugary soda, fruit juice, and crackers.



15 Grams

If you feel or suspect a low or have a glucose reading less than 70 mg/dl, eat or drink 15 grams of a fast-acting carbohydrate source.*



15 Minutes

Wait 15 minutes for your body to absorb the glucose into your bloodstream



Check

Check blood glucose. If the level is still less than 70 mg/dl, eat or drink another 15 grams of carbohydrate.



Repeat

Repeat as needed until your blood glucose level gets back up above 70 mg/dl.

Depending on your activity level and the amount of insulin in your body, you also may need to eat a meal or snack to prevent another low.

**If your blood glucose is below 40 mg/dl and you’re conscious, it’s recommended that you eat or drink at least 30 grams of fast-acting carbohydrate.*

HARD CANDY DISSOLVES SLOWLY
AND HAS ONLY TINY AMOUNTS OF GLUCOSE.
WHEN POSSIBLE,
STICK TO GLUCOSE PRODUCTS.

TABLETS



DEX4 FAST-ACTING GLUCOSE (Perrigo)

Dose: 4 tablets for 16 g carbohydrate
Details: Available in 10-tablet tube, 50-tablet bottle, and 100-tablet pouch, in assorted fruit, citrus punch, grape, natural orange, raspberry, and tropical fruit flavors; also available in store brands



GLUCOLIFT GLUCOSE TABLETS (Jungell)

Dose: 4 tablets for 16 g carbohydrate
Details: Available in 40-tablet bottle, in cherry, orange cream, and wild berry flavors. Reusable travel tube with space for 8 tablets is sold as an accessory.



OPTIMUM GLUCOSE TABS (Magno-Humphries Labs)

Dose: 4 tablets for 16 g carbohydrate
Details: Available in 50-tablet bottle, in orange flavor



TRUEPLUS GLUCOSE TABLETS (Nipro Diagnostics)

Dose: 4 tablets for 16 g carbohydrate
Details: Available in 50-tablet bottle and 10-tablet tube, in assorted fruit, grape, orange, raspberry, and tropical fruit flavors; also available in store brands



If a low is so severe that a person loses the ability to self-treat, an injection of glucagon—available in a prescription kit, shown—from a friend, family member, or coworker can rapidly raise blood glucose levels. Do not give food or drink to a person who is unconscious or is unable to swallow.

NOTE: Eli Lilly offers a free how-to-give-glucagon app for Apple devices.

