

## Treating Hypoglycemia

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This table found in Diabetes Self Management takes body weight and blood glucose level into consideration to show you how many grams of carbohydrate you'll need to raise your blood glucose level to about 120 mg/dl.

|  | Weight in Pounds               | Grams of carbohydrate: |
|--|--------------------------------|------------------------|
| Starting blood glucose level (mg/dl) is: 60s | Weight in pounds: Less than 60 | 9 g                    |
|  | Weight in pounds: 60–100       | 11 g                   |
|  | Weight in pounds: 101–160      | 14 g                   |
|  | Weight in pounds: 161–220      | 18 g                   |
|  | Weight in pounds: > 220        | 25 g                   |
|  |                                |                        |
| Starting blood glucose level (mg/dl): 50s    | Weight in pounds: Less than 60 | 11 g                   |
|  | Weight in pounds: 60–100       | 13 g                   |
|  | Weight in pounds: 101–160      | 16 g                   |
|  | Weight in pounds: 161–220      | 22 g                   |
|  | Weight in pounds: >220         | 30 g                   |
|  |                                |                        |
| Starting blood glucose level (mg/dl): 40s    | Weight in pounds: Less than 60 | 13 g                   |
|  | Weight in pounds: 60–100       | 15 g                   |
|  | Weight in pounds: 101–160      | 19 g                   |
|  | Weight in pounds: 161–220      | 25 g                   |
|  | Weight in pounds: > 220        | 35 g                   |
|  |                                |                        |
| Starting blood glucose level (mg/dl): 30s    | Weight in pounds: Less than 60 | 15 g                   |
|  | Weight in pounds: 60–100       | 17 g                   |
|  | Weight in pounds: 101–160      | 21 g                   |
|  | Weight in pounds: 161–220      | 28 g                   |
|  | Weight in pounds: > 220        | 40 g                   |
|  |                                |                        |
| Starting blood glucose level (mg/dl): 20s    | Weight in pounds: Less than 60 | 17 g                   |
|  | Weight in pounds: 60–100       | 19 g                   |
|  | Weight in pounds: 101–160      | 24 g                   |
|  | Weight in pounds: 161–220      | 32 g                   |
|  | Weight in pounds: > 220        | 45 g                   |

From: Tailoring Your Dose, Diabetes Self Management Published July 10, 2015 by Gary Scheiner, MS, CDE

or online at: <http://www.diabetesselfmanagement.com/managing-diabetes/blood-glucose-management/treating-hypoglycemia/tailoring-your-dose/>