

# The rule of 15

The rule of 15 for hypoglycemia: when blood glucose is under 4 mmol/L or 70 mg/dl

## Step 1:

Take 15 grams of fast-acting carbs such as:



## Step 2:



Wait 15 minutes, then test blood glucose.



If still too low, and you're not eating a meal in the next 15 minutes, move on to step 3.

## Step 3:

Take 15 grams of slow-acting carbs, such as:

