

# TREATING LOW BLOOD SUGAR BEFORE AND AFTER BARIATRIC SURGERY THE RULE OF 15

If you take medication(s) for diabetes, be sure to contact your doctor who helps you to manage your diabetes prior to starting your two-week pre-op diet, since your medications may need to be adjusted. It is also important to let your doctor know you will be having bariatric surgery, as your medications may need to be adjusted. You will need to contact your physician or call 911 if hypoglycemia (low blood sugar) persists or if you develop severe symptoms.

## WHAT IS HYPOGLYCEMIA?

- Low blood sugars: Anything below 70 mg/dL

## WHAT DOES HYPOGLYCEMIA FEEL LIKE?

### THIS VARIES BUT YOU MAY FEEL:

- Shaky
- Sweaty
- Weakness or fatigue
- Irritable
- Blurred vision
- Headache
- Hunger
- Rapid heart rate
- Uncoordinated
- Passing out, fainting
- Nausea
- Chills

## HOW DO I TREAT HYPOGLYCEMIA?

### BEFORE BARIATRIC SURGERY

- Feeling hypoglycemic symptoms
- Check blood sugar
- If < 70 mg/dL, treat
- Take 15 g of carbohydrate:
  - 4 oz of regular fruit juice
  - 3-4 glucose tablets
  - 1 tablespoon of sugar, honey, or regular jelly
- Wait 15 minutes
- Recheck blood sugar
- If still < 70 mg/dL, re-treat
- Repeat the above steps until your blood sugar rises above 70mg/dL.
- Resume regular meal schedule and monitor blood sugars.

### AFTER BARIATRIC SURGERY

- Feeling hypoglycemic symptoms
- Check blood sugar
- If < 70 mg/dL, treat
- Take 15 g of carbohydrate:
  - 4 oz of skim, non-fat, or 1% milk
- Wait 15 minutes
- Recheck blood sugar
- If still < 70 mg/dL, re-treat
- Have a small meal containing ~15g of carbohydrates:
  - 6 small crackers and a low-fat cheese stick
  - 4-6 oz of Greek yogurt
  - Half of a medium apple and 2 tsp of peanut butter
- Resume regular meal schedule and monitor blood sugars.