

# S.A.M. for Diabetes

## The Self-Administered Medication Program for patients with diabetes

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### Taking your own glucose tablets for low blood sugar

If you are used to managing your diabetes at home, you may wish to take part in **SAM for Diabetes**.

This program provides you with glucose tablets that you can take when you have symptoms of low blood sugar (hypoglycemia) in the hospital.



Your diabetes control may change while you are in hospital, due to pregnancy, childbirth, stress or illness.

Having glucose tablets at your bedside can help you quickly treat an unexpected low blood sugar.

### Symptoms of low blood sugar include:

- headache
  - blurred vision
  - hunger
  - irritability
  - sweating
  - dizziness
  - fast heartbeat
  - shaking
  - anxiety
  - feeling weak or tired
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## To take part in SAM, you will need to:

- ✓ Learn about glucose tablets from a nurse or pharmacist.
- ✓ Follow the directions on the child-proof container and practice opening it.
- ✓ Keep your glucose tablets safely at your bedside.
- ✓ Use only the glucose tablets provided by the hospital.
- ✓ Record how many glucose tablets you take and when you take them.
- ✓ Call your nurse for help when needed.

### When you are enrolled in SAM for Diabetes

1. Keep your glucose tablets safely at your bedside at all times. They are for your use only. Do not give them to anyone else.
2. When you have symptoms of low blood sugar, call your nurse and take the glucose tablets supplied by the hospital:
  - Take four Dex4<sup>®</sup> glucose tablets (16 grams of carbs)
  - OR
  - Take five Dex4<sup>®</sup> glucose tablets (20 grams of carbs)

Your nurse can help you decide how many glucose tablets to take by checking your blood sugar using a finger stick.

3. On your Medication record, write down how many glucose tablets you took, and when you took them (date and time).
4. After treating your low blood sugar level, eat a meal or snack that contains 15 grams of carbohydrate and a source of protein.

When you go home, you can buy the glucose tablets at your pharmacy without a prescription.



Dex4<sup>®</sup> glucose tablets



Dex4<sup>®</sup> glucose tablets  
in child-proof container



**If you have any questions about your medications or the SAM for Diabetes program, please ask your nurse or the pharmacist.**