

Diabetes and Stroke: Exercise Safety Summary Sheet

If you are prescribed insulin, or oral medications including Canagliflozin (Invokana), Diamicon (Gliclazide), Diamicon MR, Glyburide (Diabeta), Repaglinide (Gluconorm), or Amaryl (Glimepiride), please review the following information before starting an exercise program. Please also review the information booklet: *Information for Those Living with Diabetes and Stroke*.

Measuring Blood Sugar:

- Please measure your blood sugar pre- and post- exercise for the first 6 or more exercise sessions in view of your elevated risk of hypoglycemia (low blood sugar) and record on the attached blood sugar tracking sheet.
- You should bring your own glucometer to each exercise class at the centre.

Precautions:

- If you are prescribed Insulin, do not inject into your thigh muscles and avoid exercise at peak insulin activity.
- Hypoglycemia: Hypoglycemia (low blood sugar) occurs when your blood sugar drops to less than 4 mmol/L. Symptoms you may experience when your blood sugar is too low may include trembling or shakiness, difficulty concentration or thinking, anxiety, tingling, nausea, sweating, hunger
- If your blood sugar is less than 5.5 mmol/L before exercise eat 15 to 30 grams of a slow acting carbohydrate snack such as a slice of whole grain bread with a little peanut butter.

★ Always carry a carbohydrate snack with you during exercise.

What should you do if you experience low blood sugar?

1. Act quickly. Do NOT wait!
2. If you are exercising, STOP and sit down
3. Eat or drink 15 grams of fast acting carbohydrate. That is 15 grams of glucose (sugar) in the form of glucose tablets OR $\frac{3}{4}$ cup of juice or regular pop OR 15 mL (3 teaspoons) or 3 packets of table sugar dissolved in water.
4. Wait 15 minutes
5. Test your blood sugar again. If still less than 4 mmol/L, take another 15 grams of fast acting carbohydrate. Wait another 15 minutes before checking your sugar again. Make sure your sugar is greater than 4 mmol/L.
6. Once your hypoglycemia has resolved, have your usual meal. If your next meal is greater than 1 hour away, eat a slower acting carbohydrate and protein snack.

Watch for low blood sugar episodes for 24-48 hours after an exercise session. If you have an episode of hypoglycemia, check your sugar at least 1 hour after exercise and then 2 or 3 times over the next 12 hours or until bedtime. If your last meal was 4 or more hours ago, consider a healthy snack before you exercise. Make sure you drink enough fluids as inadequate fluid intake can increase your blood sugar.