



Be Clear Card



DRUG NAME (& BRANDS)

Glucose (oral tablets/gel)

WHAT IS USED FOR

Used to quickly raise blood sugar if you feel shaky, sweaty, confused, or faint from low sugar.

HOW IT WORKS

It is simple sugar that is absorbed fast to bring sugar back to normal.

WHEN & HOW BEST TO TAKE

Take at first signs of low sugar. Works within minutes. Follow up with a snack to keep levels steady.

COMMON SIDE-EFFECTS

Generally safe. May cause brief stomach upset if taken in large amounts.

USE IN PREGNANCY & BREASTFEEDING

Safe in pregnancy and breastfeeding.

ANY SPECIAL PRECAUTIONS

Always carry glucose if you use insulin or diabetes tablets that can cause low sugar.

REFERENCES

NHS, BNF, NICE, Diabetes UK