4. My low-blood-sugar plan

Complete this with your diabetes team if you are at risk of lows. The general response is in Chapter 3; individual instructions take priority.

Medicines that affect my risk

When and how to check

My measured fast-acting carbohydrate treatment

Where I carry it / where a backup is kept

My prescribed glucagon, if any, and its location

Person who knows how to help

When to contact my team / when to call 911

Never give food or drink by mouth to someone who cannot swallow safely.

From *The GLP-1 Meal Map* by Carlos Fernández Ramos, MD · © 2026 · Print and copy for your personal use.
General information: it does not replace your clinician or the Medication Guide that comes with your prescription.
Read the book? A short review helps the next patient find it: **GLP1MealMap.com/review**