

## LOW BLOOD SUGAR

People who take insulin injections or certain diabetes pills have a greater chance of having low blood sugar, or hypoglycemia. **Hypoglycemia means your blood sugar level is less than 70 mg/dl.** Having low blood sugar is dangerous and must be treated immediately.

### Symptoms:



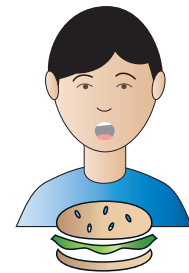
Sweating



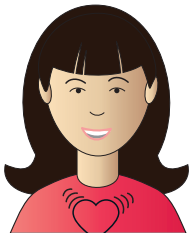
Anxious/  
Shaky



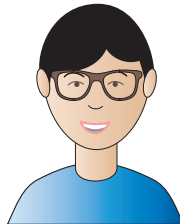
Dizziness



Hunger



Fast  
heartbeat



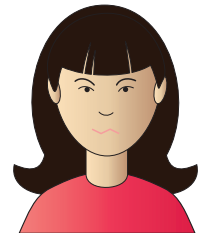
Impaired  
vision



Weakness/  
fatigue



Headache  
and confusion



Irritable

### Causes:

- Taking too much insulin or other diabetes medication
- Skipping a meal or eating less than usual
- Delaying meals or going long periods without eating
- Being more active than usual
- Drinking alcohol

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## Low Blood Sugar Preparedness:

- ALWAYS have a fast acting form of sugar handy
- Eat at regular times—don't skip meals or snacks
- Take medications as prescribed
- Plan your exercise time
- Keep a blood sugar log
- Wear medical identification
- Consider a snack before bedtime, if your blood sugar is low at night
- If low blood sugar occurs more than twice a week, tell your doctor
- Teach a family member/close friend how to help you with low blood sugars

## Treatment:

1. Check blood sugar. If not able to check, but are having symptoms, treat anyway
2. Treat by eating or drinking 15 grams of a FAST acting form of sugar. ONLY if able to swallow.

Choose ONE of the following:



4 oz. regular juice  
(orange, apple,  
grape)



4 oz. regular  
soda (not diet)



3 or 4  
glucose  
tabs



A package of  
glucose gel



5 to 6  
pieces of  
hard candy



1 tablespoon  
of sugar



Three packets  
of sugar

3. WAIT 15 minutes
4. Recheck blood sugar, repeat these steps until your blood sugar is above 70 mg/dl
5. Once blood sugar is above 70 mg/dl, eat a snack if your meal is more than one hour away; try crackers or a piece of fruit