

Low Blood Sugar (Hypoglycemia)

What is It?

Hypoglycemia is a low blood sugar (blood glucose), when your blood sugar levels have fallen low enough that you need to take action to bring them back to your target range. This is usually when your blood sugar is less than 70 mg/dL.

Causes

You might get low blood sugar if you:

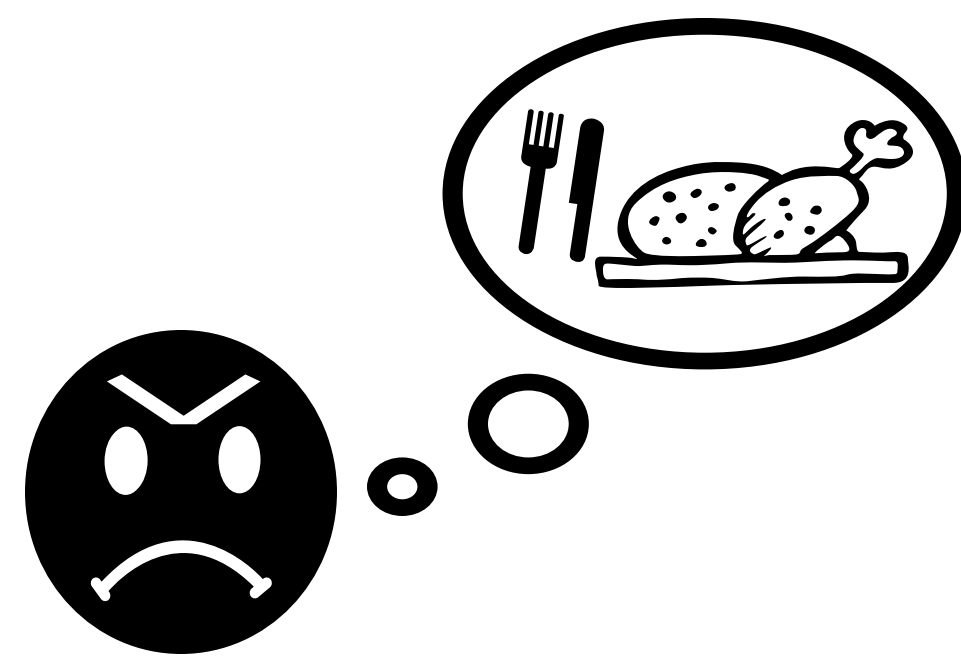
- Eat too little food compared to the medicine you take
- Skip or delay meals
- Take too much blood sugar lowering medication
- Are more active than usual
- Are sick
- Drink alcohol without eating enough carbohydrates (foods that raise your blood sugar)

You might have low blood sugar if you feel...

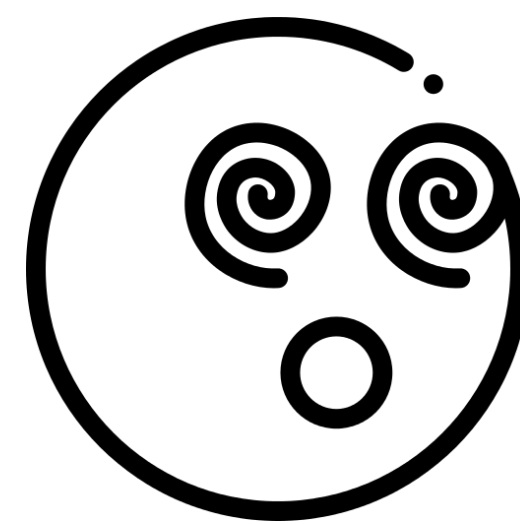
Shaky



Hungry



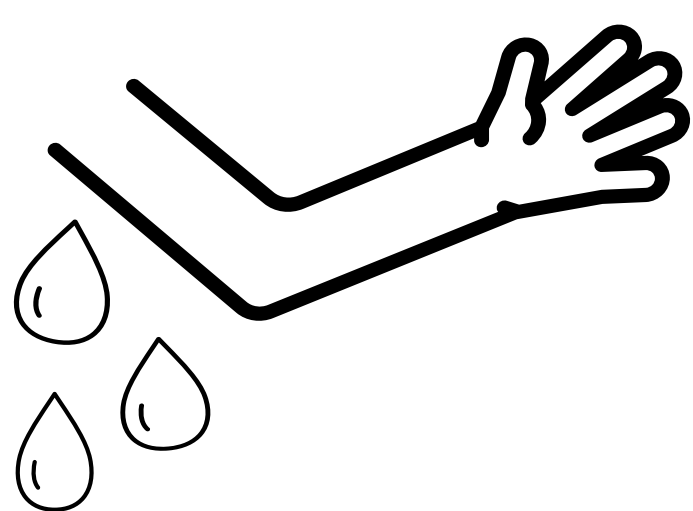
Dizzy



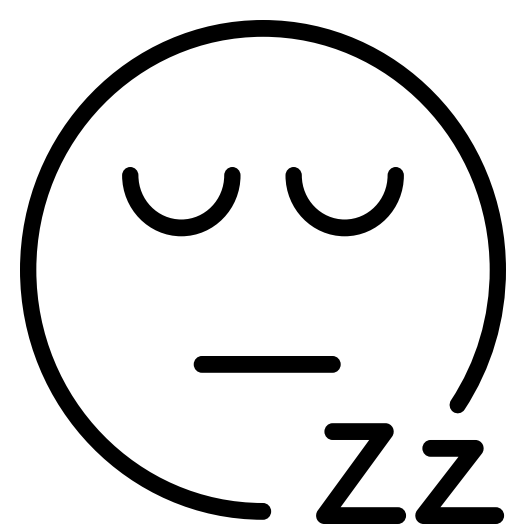
Confusion



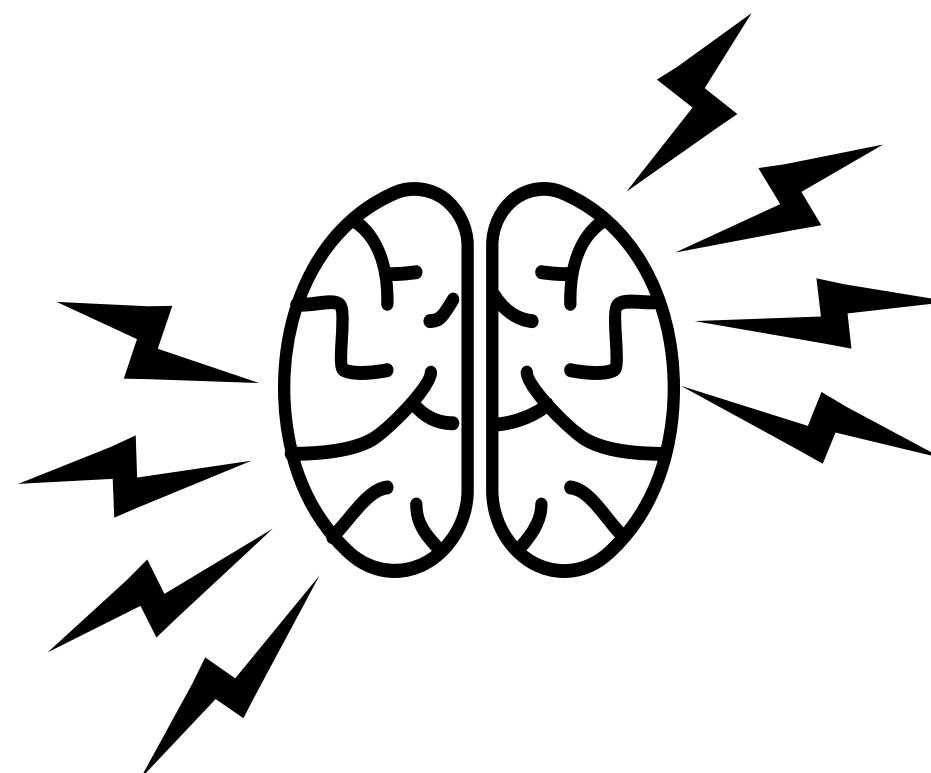
Sweaty



Weak/Tired



Headache



Trouble Speaking

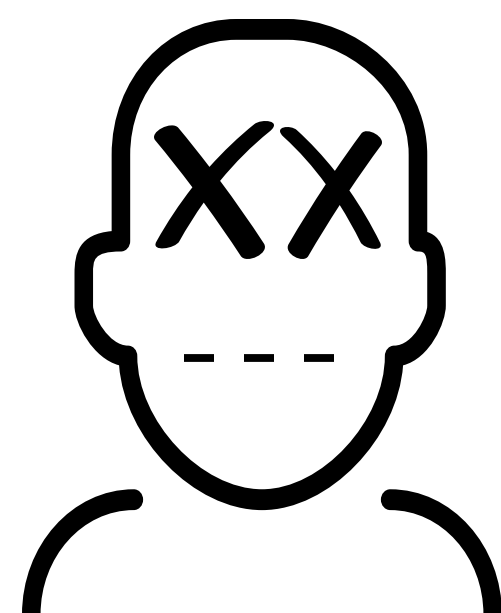


Severe Level - Extra Symptoms!

Seizure



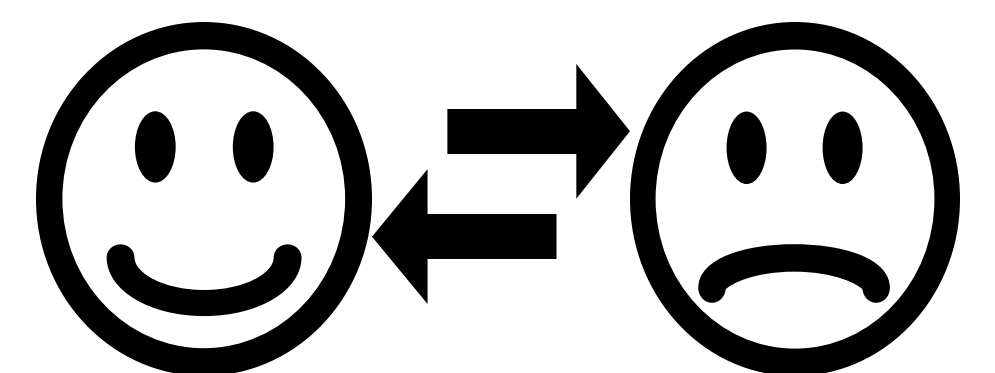
Not reacting



Fighting Help



Mood Changes



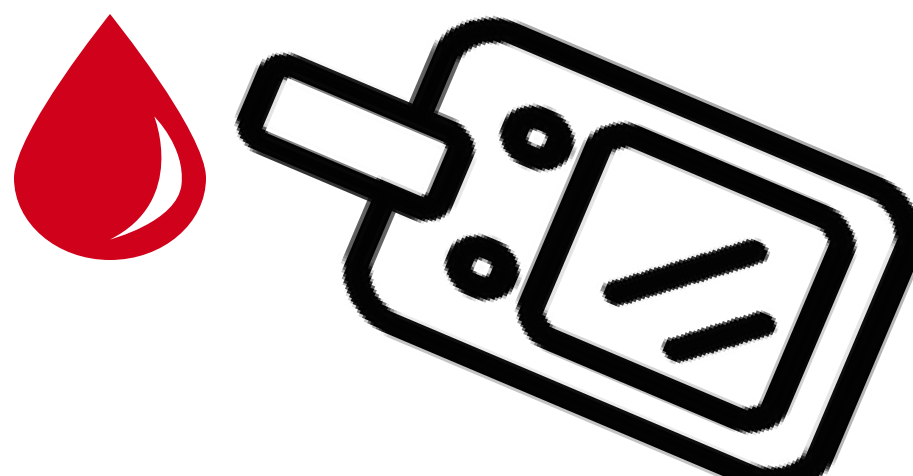
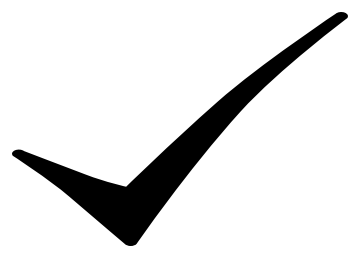
Clumsy



- If the person with diabetes is having a seizure, is not reacting when you try to help them or wake them up, or is fighting you when you try to help them, call for emergency help and give glucagon if available.
- Do **NOT** inject insulin, give food or fluids, or put your hands or other objects in the person's mouth.
- If you are taking insulin or other medicines that can cause hypoglycemia, consider asking your healthcare provider if you should have glucagon (and how and when to use it).

Actions to take if you think you have low blood sugar

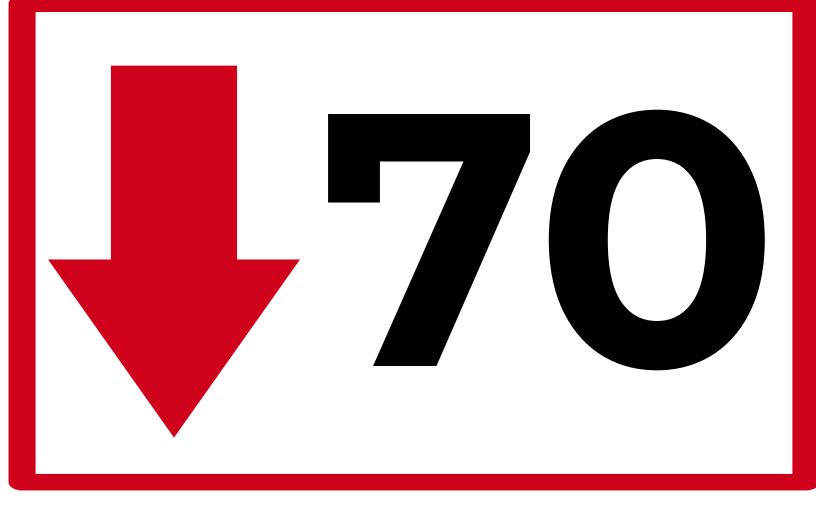
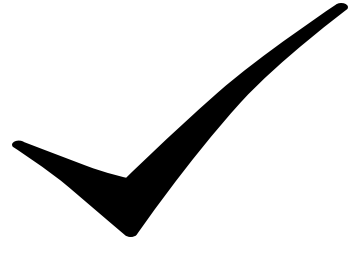
STEP 1: CHECK



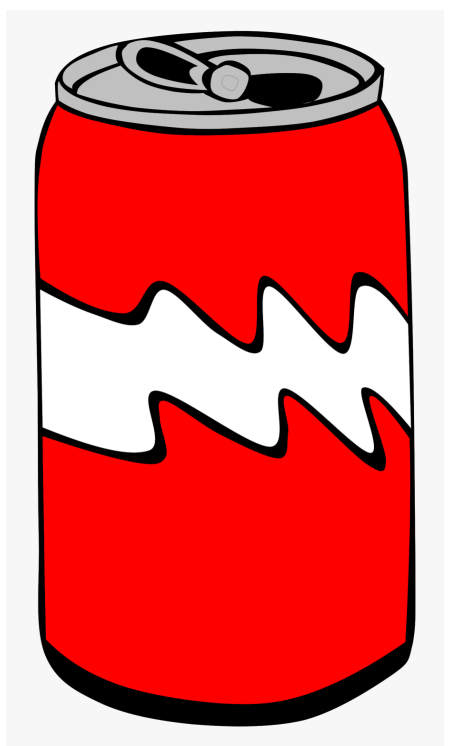
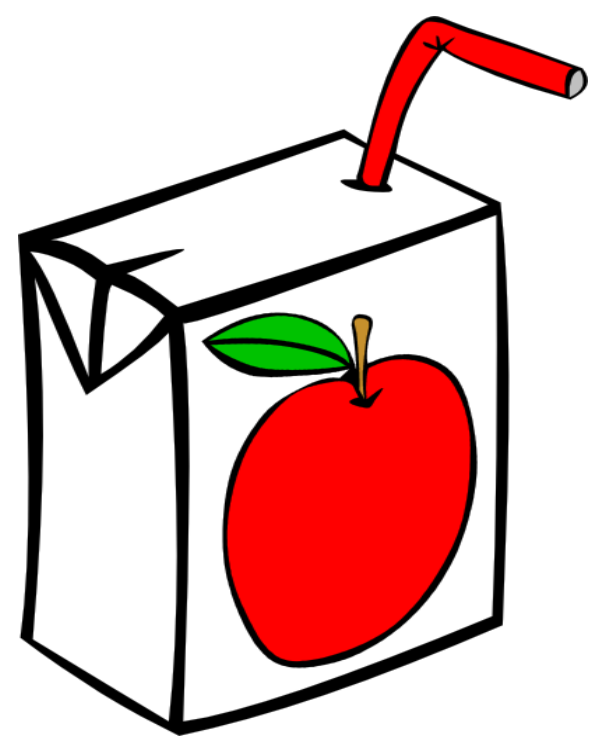
Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar may be low but you cannot check it at that time, treat yourself anyway.

Hypoglycemia is any value below 70 mg/dL.

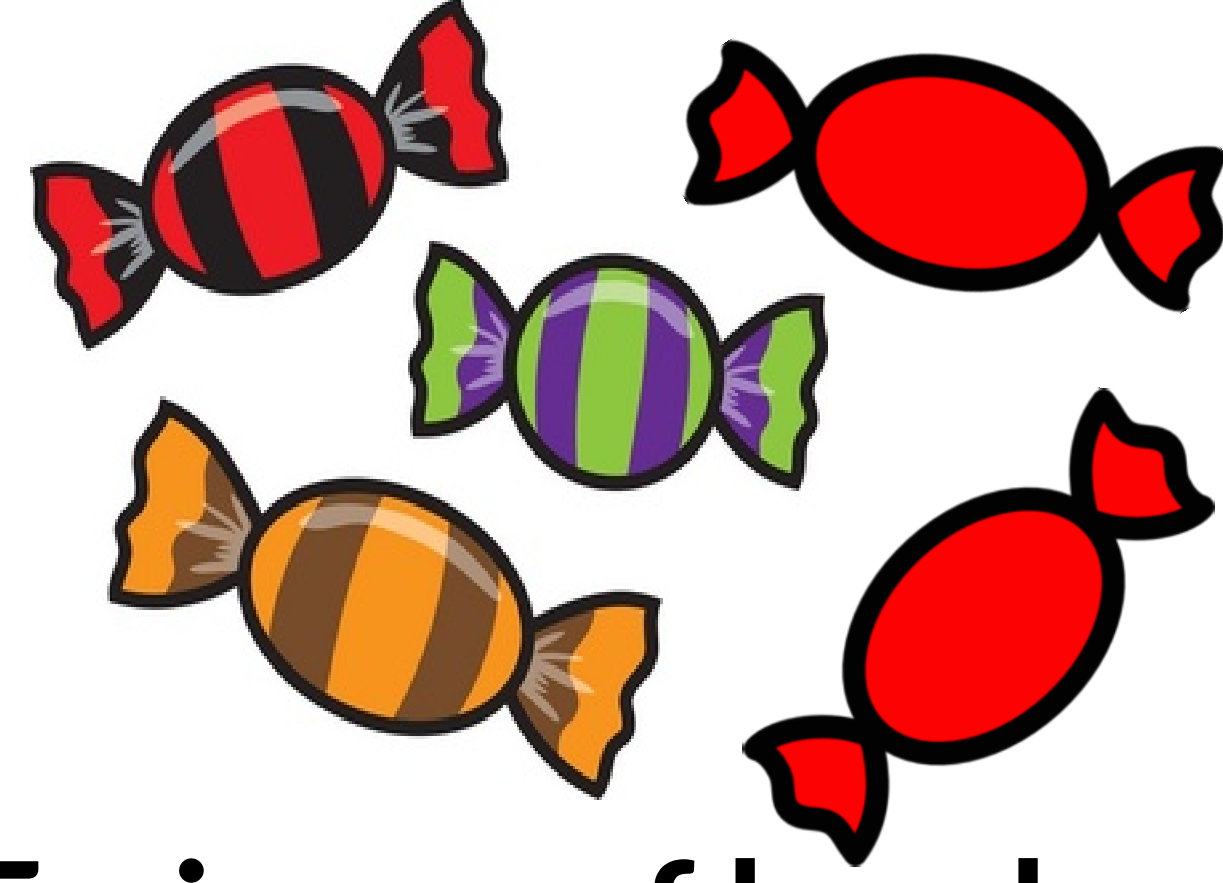
STEP 2: TREAT



Treat by eating or drinking one emergency food- 15-20 gm of something high in a simple sugar, such as:



4 ozs (1/2 cup) regular fruit juice or regular soda (not diet)



4-5 pieces of hard candy (chewed quickly)



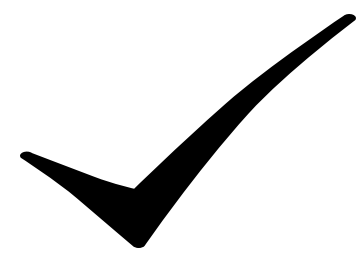
1 tablespoon of jelly or honey



1 tube of glucose gel or 4 glucose tablets

- IF your blood sugar is less than 54 mg/dL, treat with two emergency foods.
- **IF the person is unresponsive, uncooperative, or having a seizure, do not give them any emergency foods or put anything in their mouth! Lay them on their left side and call 9-1-1. Give glucagon if available.**

STEP 3: WAIT & RE-CHECK



Wait 15 minutes and then check your blood sugar again.

- If it is still below 70 mg/dL, eat or drink another emergency food
- Once your blood sugar is back to normal, eat a meal or snack (like 4-6 peanut butter crackers) to make sure it does not fall again.

