

Low Blood Sugar (Hypoglycemia) (Blood Sugar <70 mg/dl)

Signs and Symptoms

- ◆ Shaky
- ◆ Sweaty
- ◆ Light-headed
- ◆ Irritable
- ◆ Tired
- ◆ Nervous
- ◆ Hungry
- ◆ Fast heart rate
- ◆ Confused

Causes of Low Blood Sugar

- ◆ Missed or delayed meal or snack
- ◆ Eating less carbohydrates than usual
- ◆ Increased or prolonged exercise or activity
- ◆ Drinking alcohol
- ◆ Taking too much diabetes medication

Treating Low Blood Sugar: Rule of 15

1. Test your blood sugar if possible
2. If your blood sugar is:
 - 50 – 70**, take **15 grams of carbohydrate** such as:
 - ◆ 4 glucose tablets
 - ◆ ½ cup juice or regular soda
 - ◆ 3 pieces hard candy
 - 50 or less**, take **30 grams of carbohydrate**
or twice the amount listed above
3. **Re-test your blood sugar 15 minutes** after treating. If blood sugar is not above 70, take another 15 grams of carbohydrate.
4. If it is more than one hour before your meal or snack, have a glass of milk or some peanut butter and 6 crackers after you treat your low.

Important Tips

1. Always carry simple carbohydrate with you to treat lows
2. Treat low blood sugars immediately
3. Eat or drink the correct amount of carbohydrate. Don't over treat.
4. 15 grams of carbohydrate will raise blood sugar about 50 mg/dl.
5. If you take insulin, discuss the use of glucagon with your doctor.
6. Be sure to always wear medical identification
7. If you take insulin or insulin stimulating medication, make sure your blood sugar is at least 90 mg/dl before you drive.