

# Hypoglycemia

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Hypoglycemia means your blood sugar has gone too low. For most people, low blood sugar is less than 70 or 80. This can happen to people who take insulin or certain diabetes pills. Your meal plan can help you prevent low blood sugar. But it can still happen if the dose of your insulin or diabetes pills is too large. It can also happen from unplanned exercise. Some medicines taken for another health problem may lower blood sugar.



## SIGNS THAT YOUR BLOOD SUGAR IS TOO LOW

At first you may feel:

- Nervous
- Shaky or dizzy
- Sweaty or clammy
- A fast heartbeat

Later, you may:

- Feel angry or confused
- Have trouble talking
- Feel off balance
- Pass out



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Those are some signs that your blood sugar is going too low. But the best way to know for sure is to check your blood sugar a few times a day. Then you can catch low blood sugar early. If your blood sugar stays too low for too long, you could pass out. So don't wait for the "later" signs.

**Check your blood sugar at these times:**

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If your blood sugar is often 80 or less before meals or bedtime, speak with your doctor or diabetes educator. You may need a change in medicine.

**TREAT YOUR BLOOD SUGAR IF IT IS \_\_\_\_\_ OR BELOW**

1. Have a non-fatty food that contains sugar, such as one of these:
  - ½ cup fruit juice
  - ½ can of regular soda (6 ounces)
  - 6 or 7 hard candies
  - 1 small box of raisins
  - 3 or 4 glucose tablets
2. Check your blood sugar 15 minutes after you eat. If it is still below \_\_\_\_\_, have another serving of the sugar food.
3. Once your blood sugar is where you want it to be, you may still need to eat more. Have more to eat if it will be longer than half an hour until

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your next meal or snack. A glass of milk or piece of fruit is a good choice.

### **EMERGENCIES**

If you pass out, you won't be able to eat to raise your blood sugar. You will need a glucagon shot. Someone must be there to give you the shot. If your family has not learned how to do that, 9-1-1 should be called.

So learn to recognize the signs of low blood sugar. Help your family learn the signs of low blood sugar and what to do.

### **NOTES:**