

DIABETES

Hypoglycemia (low blood sugar): What You Should Know, What You Should Do.

- Low blood sugar can happen even when you're doing all you can to manage your diabetes
- Common causes of low blood sugar include certain diabetes medications, missed meals, or more activity than usual. If you have any of these symptoms, check your blood sugar right away.
- You should tell your health care provider (HCP) about any symptoms you experience

 **Check any symptoms that you experience and bring this sheet with you to your next visit with your HCP**



Dizzy



Shaky



Anxiety



Nervous



Tired



Grouchy



Light-headed



Sweaty



Hunger



Confusion



Weak

Symptoms may be mild at first but may worsen quickly if not treated



Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL)



Take action quickly if you have low blood sugar.

- Symptoms may be mild at first but worsen quickly if not treated

1. If your blood sugar is below 70 mg/dL or if you have any symptoms, take ONE of the following quick-fix foods:*

- 3 or 4 glucose tablets
- 1 serving of glucose gel (equal to 15 grams of carbohydrate)
- 1 cup of milk
- 1/2 cup of fruit juice
- 1/2 can of regular soda pop (not diet)
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

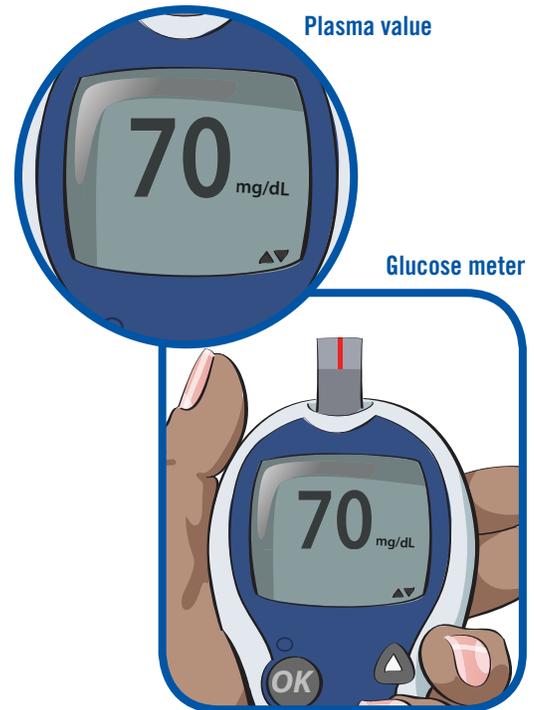
2. Wait 15 minutes. Check your blood sugar again.*

3. If your blood sugar is still below 70 mg/dL or if you do not feel better, repeat step 1 every 15 minutes until your blood sugar is 70 mg/dL or above.*

4. If your next meal is 1 hour or more away, eat a snack once your quick-fix foods have raised your blood sugar to 70 mg/dL or above.*

5. Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL).

6. Ask your HCP about medications that may be less likely to cause low blood sugar.



Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL)

* <http://www.diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.aspx>

