



Hypoglycemia (Low Blood Sugar): What You Should Know, What You Should Do.

Hypoglycemia can happen even during those times when you're doing all you can to manage your diabetes. So, although many times you can't prevent it from happening, hypoglycemia can be treated before it gets worse.

 **Check any of the following symptoms of hypoglycemia that you experience and bring this sheet to the next visit with your health care professional.**

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| <input type="checkbox"/> Sweatiness | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Grouchiness | <input type="checkbox"/> Sleepiness |
| <input type="checkbox"/> Shakiness | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Light-headedness | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Hunger | <input type="checkbox"/> Weakness | <input type="checkbox"/> Confusion | |

Take action if you have low blood sugar

1. If your blood sugar is below 70 mg/dL or if you feel any of the above signs, 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 doctor if you do not feel better or if your blood sugar stays low (below 70 mg/dL).
6. Call your doctor if you experience low blood sugar several times in a week.