

# Low Blood Sugar - *Hypoglycemia*

Hypoglycemia means low blood sugar. Symptoms of a low blood sugar come on quickly.

**Symptoms:** Weakness • trembling • unsteady • dizzy • faint • drowsiness  
 Anxiety • Skin pale • sweating • numbness or tingling around lips  
 Headache • hunger • change in behavior • irritability • confusion  
 Pounding heart • foggy memory • slurred speech  
 Blurred vision • staggered walk • unconscious

**Caused by:** Not eating enough  
 Delaying or skipping a meal  
 More exercise than usual  
 Too much diabetes medicine or insulin  
 Too much alcohol without food



<b>If your blood sugar test is:</b>	<b>The amount of food or drink to take is:</b>
Between 50 – 69 mg/dl	15 grams of carbohydrate
Less than 50 mg/dl	30 grams of carbohydrate

## EXAMPLES OF TREATMENTS FOR LOW BLOOD SUGAR

Foods	15 grams of carbohydrate	30 grams of carbohydrate
Orange or apple juice	½ cup	1 cup
Grape or cranberry juice	1/3 cup	2/3 cup
Non-diet pop	½ cup	1 cup
Skim or 1% milk	1 cup	2 cups
Honey	1 Tbsp	2 Tbsp
Sugar packets	3	6
Life Savers	5 pieces	10 pieces
Glucose tablets	4 tablets	8 tablets

You should feel better 10-15 minutes after you treat yourself. If your blood sugar is still less than 70 mg/dl or you don't feel better 10-15 minutes after treatment, take 1 more carbohydrate serving. Check your blood sugar an hour after the reaction to make sure that your blood sugar has gone above 70 mg/dl and stayed there. An additional carbohydrate snack may be needed at night or after exercise to keep your blood sugar above 70 mg/dl.

Call your provider or diabetes educator if you are having low blood sugars. You may need changes in your medication, diet, or exercise plan.

