

Hypoglycemia

Hypoglycemia, or low blood sugar, is when your blood sugar is less than 70mg/dL.

If you have any of the following symptoms, you may be having a low blood sugar.



SHAKING



**FAST
HEARTBEAT**



SWEATING



**WEAKNESS,
FATIGUE**



ANXIOUS



HUNGER



HEADACHE



DIZZINESS



IRRITABLE

Step 1

Check your blood sugar:

If it is less than 70mg/dL, move on to Step 2.

Step 2

Eat or drink a simple sugar:

About 15 grams of sugar will do (1/2 cup of juice or regular soda, a small box of raisins, 3-4 tsp of honey or sugar).

Step 3

Wait 15 minutes and check your sugar again.

If it is still less than 70mg/dL, repeat Step 2. If it is more than 70mg/dL, move on to Step 4.

Step 4

Eat a complex snack.

Once your blood sugar returns to a normal range, you need to keep it there. Eat something more complex like cheese and crackers or a sandwich.

Possible Causes

- Injecting too much insulin
- Excessive exercise
- Not enough food eaten
- Delayed or missed meals

How to Prevent Low Blood Sugar

- Take your medication as directed.
- Check your blood sugar daily.
- Eat at regular times every day.
- Do not skip meals.



Diabetes from the
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