

LOW

Blood Glucose (Hypoglycemia)

Hypoglycemia is low blood glucose or low blood sugar that is below the healthy range. This is usually when your blood glucose is less than 70 mg/dl. You should talk with your doctor about your blood glucose targets, and what level is too low for you. Low blood glucose is sometimes described as an insulin reaction or insulin shock.

Causes

You might get low blood glucose if you...

- Take certain medicines and eat too few carbohydrates
- Skip or delay meals
- Take too much insulin or diabetes medication (ask your doctor if this applies to you)
- Are more active than usual
- Are sick
- Drink alcohol without eating enough food



Or you may have no symptoms at all.

! Signs and Symptoms

Here's what may happen when your blood glucose is low.

Shaky



Hungry



Sweaty



Weak / Tired



Dizzy



Headache



Confusion and Difficulty Speaking



Nervous / Upset



If low blood glucose is not treated, it can become severe and may cause you to pass out. If low blood glucose is a problem for you, talk to your doctor or diabetes care team.

What should you do if you think you have low blood glucose?

Check



Check your blood glucose right away if you have any symptoms.



If you think your blood glucose is low but cannot check it at that time, treat anyway

Treat



Treat by eating or drinking 15 grams of something high in sugar, such as:

- 4 ounces (1/2 cup) of regular fruit juice like orange, apple, or grape juice
- 4 glucose tablets or 1 tube of glucose gel
- 1 tablespoon of sugar, honey, or corn syrup
- 4 ounces (1/2 cup) of regular soda pop (not diet)

Wait



Wait **15 minutes** and then check your blood glucose again

If it is still low, eat or drink something high in sugar again

If your next meal is more than an hour away, eat a snack to keep your low blood glucose from coming back