

TAKE 5

TO CARE 4 YOURSELF

LOW BLOOD GLUCOSE (HYPOGLYCEMIA)

There are many things you can do to manage your blood glucose and live well.



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 diabetes care team about your blood glucose targets, and what level is too low for you.

You may have also heard low blood glucose 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 diabetes care team if this applies to you)
- Are more active than usual
- Are sick
- Drink alcohol without eating enough food

Signs and Symptoms

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

<p>Shaky</p>	<p>Sweaty</p>	<p>Dizzy</p>	<p>Confusion and difficulty speaking</p>
<p>Hungry</p>	<p>Weak or tired</p>	<p>Headache</p>	<p>Nervous or upset</p>

Or you may have no symptoms at all.

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.



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What to do if you think you have low blood glucose

CHECK



- Check your blood glucose right away if you have any symptoms of low blood glucose
- 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 (½ 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 (½ cup) of regular soda pop (not diet)
- 2 tablespoons of raisins

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

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.

Eating

Moving

Treating

Staying on Track



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