

Patient Handout

LOW BLOOD SUGAR (HYPOGLYCEMIA)

A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

Common causes: Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

Symptoms include:



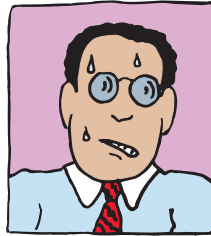
Shaky or dizzy



Blurry vision



Weak or tired



Sweaty



Upset or nervous



Headache

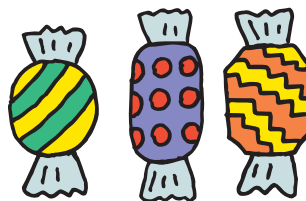


Hungry

What to do?



Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.



Treat by eating a fast-acting, high-sugar food with 15 grams of carbohydrate, such as: 1 tablespoon of sugar; 3 or 4 hard candies; 4-ounces of regular fruit juice or 1/2 can of regular (not diet!) soda.



Check your blood sugar in 15 minutes. If it is still below 70, treat for low blood sugar. If you keep having low blood sugar problems and you don't know why, call your doctor or health clinic.

