

Diabetes & low blood sugar

What is low blood sugar (hypoglycemia)?

Low blood sugar is when your blood sugar level drops below 70 mg/dL. Low blood sugar can happen when you eat too little food or get too much exercise after taking diabetes medicines.

Some of the signs of low blood sugar include having or feeling:

- Shaky or clumsy
- Hungry
- Dizzy
- Sweaty
- Tingly mouth
- Confusion
- A headache
- A seizure
- A sudden change in mood

What to do about low blood sugar:

- Check your blood sugar using a blood sugar meter if you think your blood sugar is too low

When in doubt, treat for low blood sugar!

1 Quickly raise your blood sugar by taking some form of sugar. Take ONE of these:

- 3 or 4 glucose tablets (buy at a drugstore)
- 1/2 cup (4 ounces) of regular (not diet) soft drink
- 1/2 cup (4 ounces) of fruit juice
- 8 ounces of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey



2 Wait 15 minutes.

3 Check your blood sugar again. REPEAT steps 1-3 until your blood sugar is above 70 mg/dL.

If you have low blood sugar often, talk to your healthcare provider about changing your diabetes care plan. Please fill out in case of an emergency:

Healthcare Provider: _____ Phone: _____

If you need medical help or an ambulance right away, have someone call 911 or your local emergency number.