

## DIABETES

### Hypoglycemia (low blood sugar): What You Should Know, What You Should Do.

- Low blood sugar can happen even when you're doing all you can to manage your diabetes
- Common causes of low blood sugar include certain diabetes medications, missed meals, or more activity than usual. If you have any of these symptoms, check your blood sugar right away.
- You should tell your health care provider (HCP) about any symptoms you experience



**Check any symptoms that you experience and bring this sheet with you to your next visit with your HCP**



Dizzy



Shaky



Anxiety



Nervous



Tired



Grouchy



Light-headed



Sweaty



Hunger



Confusion



Weak

**Symptoms may be mild at first but may worsen quickly if not treated**



**Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL)**

## Take action quickly if you have low blood sugar.

- Symptoms may be mild at first but worsen quickly if not treated
- Check your blood sugar right away if you have any of these symptoms

1. If your blood sugar is below 70 mg/dL or if you have any symptoms, take **ONE** of the following quick-fix foods:

- 3 or 4 glucose tablets
- 1 serving of glucose gel (equal to 15 grams of carbohydrate)
- 1 cup of milk
- 1/2 cup of fruit juice
- 1/2 can of regular soda pop (not diet)
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

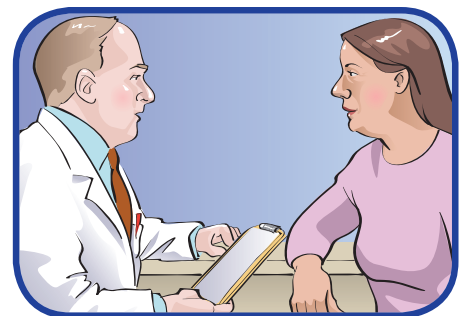
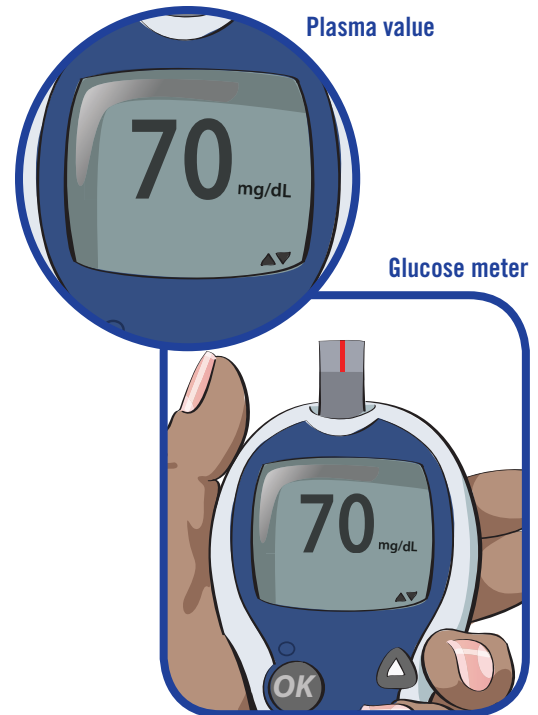
2. Wait 15 minutes. Check your blood sugar again.

3. If your blood sugar is still below 70 mg/dL or if you do not feel better, repeat step 1 every 15 minutes until your blood sugar is 70 mg/dL or above.

4. If your next meal is 1 hour or more away, eat a snack once your quick-fix foods have raised your blood sugar to 70 mg/dL or above.

5. Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL).

6. Ask your HCP about medications that may be less likely to cause low blood sugar.



**Call your HCP if you do not feel better or if your blood sugar stays low (below 70 mg/dL)**