

# Low Blood Sugar

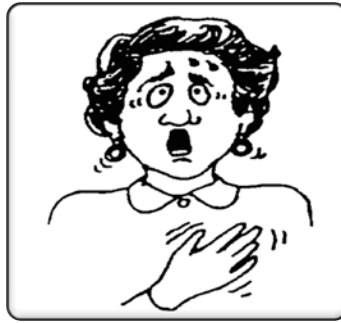
Some diabetes medication can put you at risk for low blood sugar. Ask your provider about the medication you take.

How do you know if your blood sugar is too low?

## You may feel...



Very hungry



Heart beating fast



Dizzy/shaky



Headache

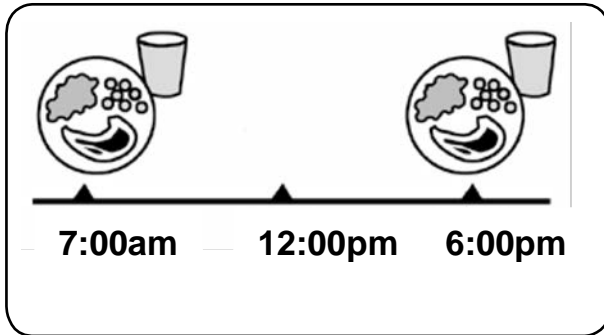


Sweaty



Confused

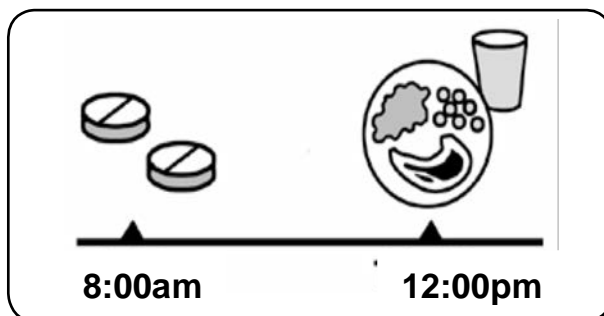
# What causes low blood sugar?



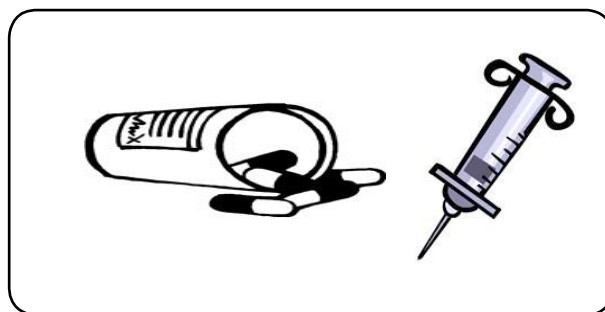
Skipping meals



Long periods of exercise with no snack



Delaying meals too long after taking diabetes medicine



Too much insulin or diabetes medication

# What should you do for low blood sugar?

## DON'T IGNORE LOW BLOOD SUGAR!

If you do not treat low blood sugar, you may pass out or have seizures. Act quickly - treat these symptoms without delay!

☞ Drink or eat 10-15 grams of sugar such as:



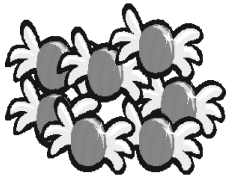
½ cup orange juice



3 teaspoons of sugar



2 teaspoons of honey



6 - 7 hard candies



2 tablespoons of raisins



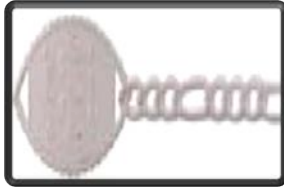
4 glucose tabs

☞ If you do not feel better in 15 minutes, repeat the treatment.

☞ Check your blood sugar if you have a glucometer. Less than 80 is too low!

☎ Call your clinic if you continue to have trouble.

# Low Blood Sugar: Helpful Hints



Carry or wear diabetic identification.



Always carry something with sugar or starch.



Teach your family and friends to give you juice or sugar when you feel that your blood sugar is low.



Drive only if your blood sugar level is above 100.

Teach your family and friends what to do if you pass out and cannot wake up:



Call 911 for help.



Do not give food or liquids to someone who is passed out.