

Hypoglycemia: Low Blood Sugar

Glucose in your blood is used for energy for all parts of your body. When the amount of glucose, or sugar, in your blood drops too **low**, you have a low blood sugar, or **hypoglycemia**. Hypoglycemia is defined as a blood sugar less than 70 mg/dL.

Hypoglycemia: BG less than 70

Possible Cause	Prevention
Skipped Meal	Eat at least 3 times per day, no more than 3-4 hours apart.
Delayed Meal	Carry a snack with you in case you can't eat at your normal time.
Not eating enough carbohydrates	Use a list of carbohydrates to make sure you have some at each meal.
Too much medication	Talk with your diabetes provider about how to adjust your medication dose.
More physical activity than usual	Keep emergency glucose with you when you exercise. Check your blood sugar often. Talk with your diabetes provider about adjusting your medication for exercise.
Drinking alcohol	Always eat something when you drink alcohol, and drink alcohol only in moderation (2 drinks per men, 1 drink per women).

- Possible symptoms:**
- Shaky
 - Sweaty
 - Hungry
 - Nervous
 - Confused
 - Weakness
 - Irritability
 - Blurred vision
 - Dizziness
 - Drowsy
 - Slurred speech
 - Headache
 - Tingling around lips
 - Rapid heartbeat

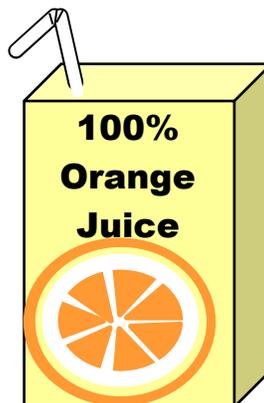
Examples of 15 grams of carbohydrates:



3-4 Glucose Tabs
OR
1 tube Glucose Gel



3-5 Pieces of
Hard Candy
(NOT chocolate)



½ cup (4 oz) Juice
or Regular Soda
(NOT diet soda)

Treatment: The Rule of 15

Do you feel any of the symptoms of hypoglycemia? If so....

Check your blood sugar. If it is less than 70 mg/dL:

1. **Eat 15 Grams of Sugar**
2. **Wait 15 minutes**
3. **Re-check** your blood sugar
4. **Repeat** as needed until over 70 mg/dL.
5. Once above 70 mg/dL, eat a snack with protein or a meal within the next hour.