



Low Blood Sugar (Hypoglycemia)

Your blood sugar can go too low when you have diabetes. This is called hypoglycemia. It can make you very sick. If not treated, you could pass out and even die. Wearing or carrying ID that says you have diabetes lets others know how to help you.

What causes low blood sugar?

- Eating later than normal
- Missing a meal or skipping your usual snack
- Taking too much diabetes medicine
- Doing more activity than usual

How does low blood sugar feel?

Here are some signs of low blood sugar:

- Sweating
- Shaking
- Feeling anxious
- Hunger
- Feeling tired
- Fast heart beat
- Headaches
- Blurred vision

How do you treat low blood sugar?

If your blood sugar is below **70**, eat **one** of these **emergency** foods. Each has 15g carbohydrate. If your blood sugar is below **50**, eat **two** of these foods.

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|---------------------------------------|------------------------|
| • 5 Lifesavers | • ½ cup fruit juice |
| • 1 tablespoon sugar or honey | • 1 handful of raisins |
| • 1 tube glucose gel | • 1 cup non-fat milk |
| • 3 square or 4 round glucose tablets | • ½ banana |
| • 1 small apple or orange | • 1 cup regular soda |



Wait 15 minutes and check your blood sugar again. If your blood sugar is less than 100mg/dl take **one more** emergency food. Wait 15 minutes and check your blood sugar again. It should be 100 or above.

Other tips:

- Don't treat low blood sugar with chocolate. It does not raise blood sugar fast enough.
- Carry your blood glucose meter and an "emergency food" with you at all times.
- If you are not able to check your blood sugar but think it is low, treat it with an emergency food. Follow with a snack.
- Talk with your doctor if you have low blood sugar often. Your diabetes medicine may need to be changed.

You can get free health information by calling
L.A. Care's 24-hour Nurse Advice Line
1-800-249-3619 (TTY 711).