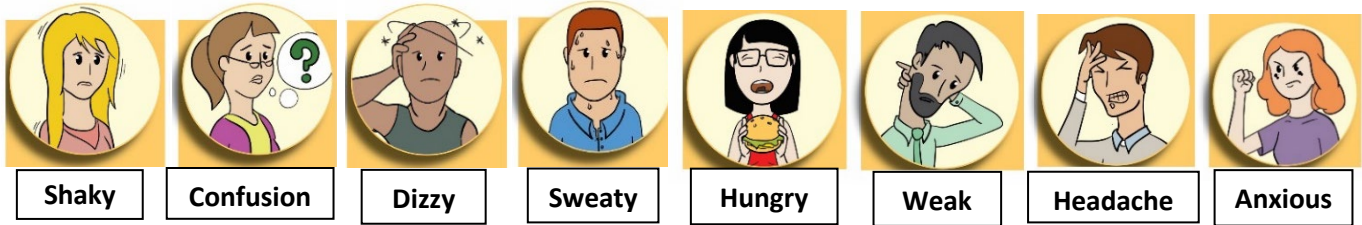


Hypoglycemia (Low Blood Sugar)

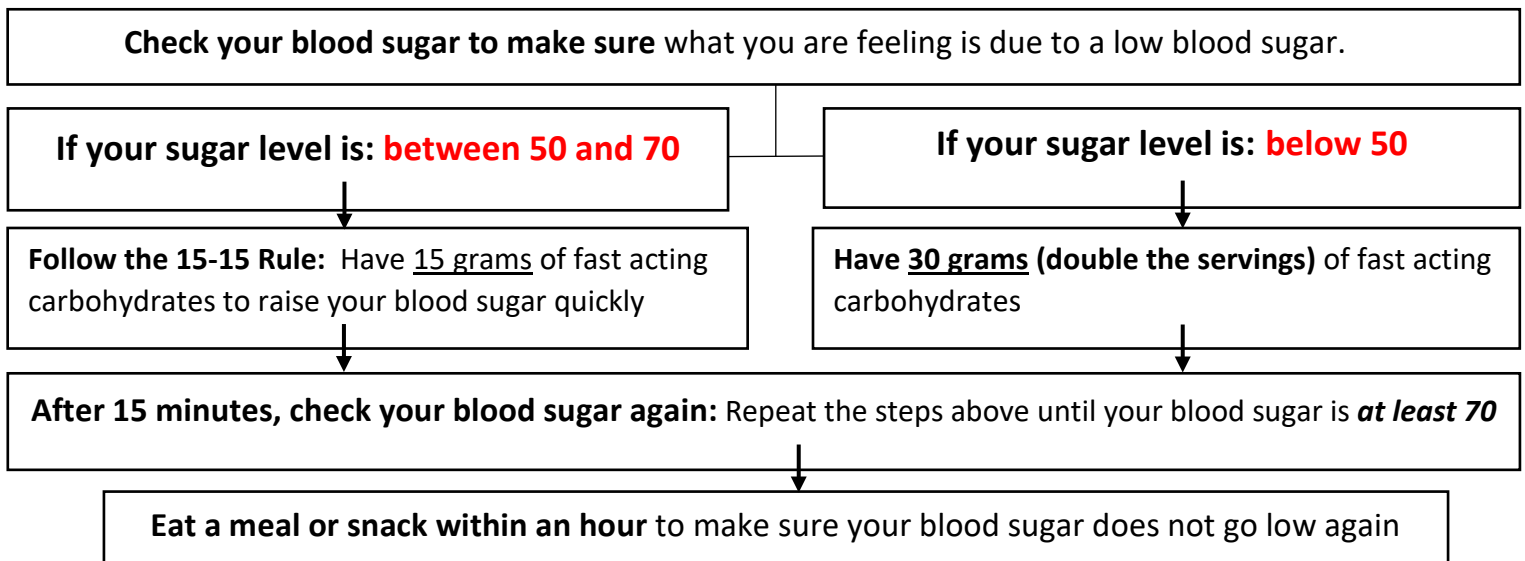
What is hypoglycemia?

Hypoglycemia happens when your blood sugar level is too low and your body doesn't have enough sugar (glucose) for energy. This is a level below 70 on your glucose meter.

How do I feel if I have hypoglycemia?



What do I do if I have hypoglycemia?



What is 15 grams of Carbohydrates? (Choose 1)

4 glucose tablets or 1 glucose gel	OR	½ cup of fruit juice	OR	4 Starbursts	OR	2 tablespoons of dried fruit	OR	4 packets or 1 tablespoon of sugar

Be careful not to over-treat and send your blood sugar too high

Hypoglycemia (Low Blood Sugar)

Call your provider if:

- You treat more than 2 times in a row and your sugar is still low
- You have a low blood sugar 3 or more times a week or if you pass out
- You continue to have symptoms and don't have a glucometer available

Hypoglycemia can happen if you:





- Skipped or delayed a meal
- Had extra physical activity
- Used too much insulin or ate too few carbohydrates
- Drank alcohol, especially without eating carbohydrates

How can I prevent this from happening?

- Eat meals and snacks at regular times
- Closely monitor your blood sugar before and after exercise
- Take rapid-acting insulin and oral medication with food
- Talk with your diabetes team about other prevention tips that best fit your diabetes and daily routine

Carry fast-acting sugar with you at all times:

Choose 1:

Fun size bag of sugar candy	Small box of raisins	4 glucose tablets	Small juice (4 oz)
	OR		OR
			OR
			

**Remember to use fast-acting sugar as an emergency and not as a snack*

...And call your health center if you have any other questions or concerns!