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?

- Shaky
- Confusion
- Dizzy
- Sweaty
- Hungry
- Weak
- Headache
- Anxious

What do I do if I have hypoglycemia?

Check your blood sugar to make sure what you are feeling is due to a low blood sugar.

If your sugar level is: between 50 and 70

Follow the 15-15 Rule: Have 15 grams of fast acting carbohydrates to raise your blood sugar quickly

After 15 minutes, check your blood sugar again: Repeat the steps above until your blood sugar is at least 70

Eat a meal or snack within an hour to make sure your blood sugar does not go low again

What is 15 grams of Carbohydrates? (Choose 1)

<table>
<thead>
<tr>
<th>4 glucose tablets or 1 glucose gel</th>
<th>½ cup of fruit juice</th>
<th>4 Starbursts</th>
<th>2 tablespoons of dried fruit</th>
<th>4 packets or 1 tablespoon of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>OR</td>
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Be careful not to over-treat and send your blood sugar too high
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**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:**

<table>
<thead>
<tr>
<th>Fun size bag of sugar candy</th>
<th>Small box of raisins</th>
<th>4 glucose tablets</th>
<th>Small juice (4 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Skittles" /> OR</td>
<td><img src="image2.png" alt="Raisins" /> OR</td>
<td><img src="image3.png" alt="Glucose Tablets" /> OR</td>
<td><img src="image4.png" alt="Juice" /> OR</td>
</tr>
</tbody>
</table>

*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!