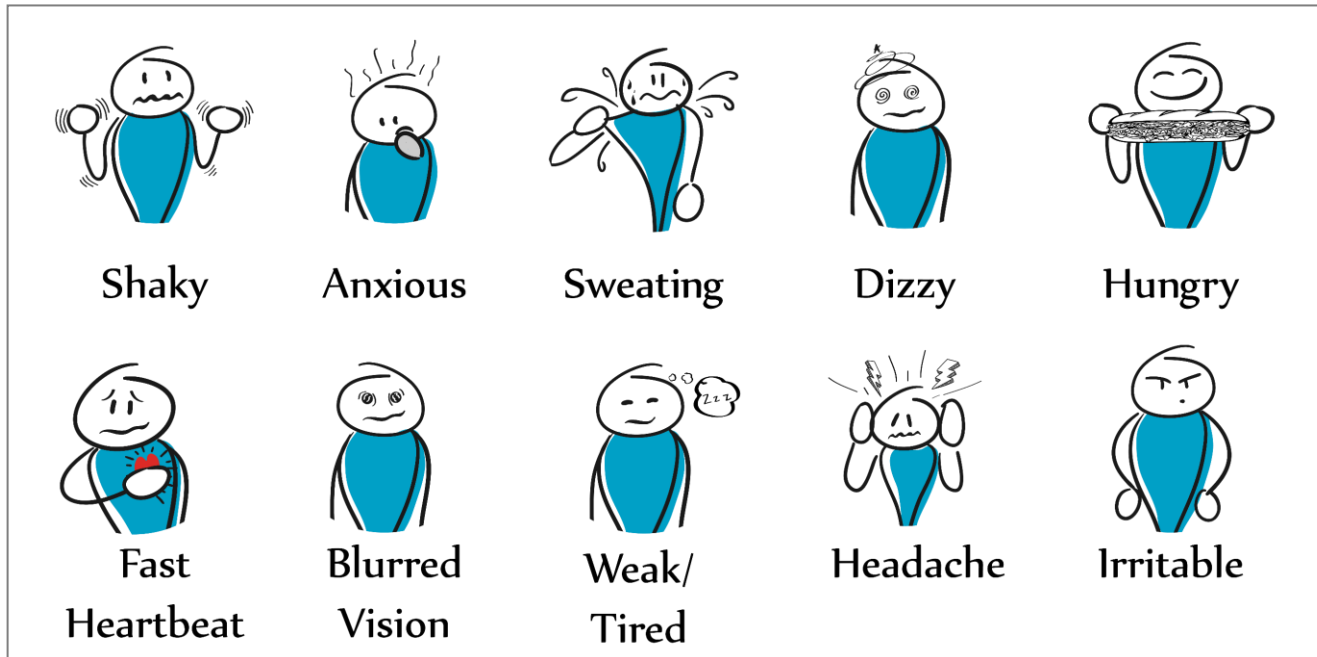


## LOW BLOOD SUGAR (HYPOGLYCEMIA)

### Causes of low blood sugar can include:

- Not eating enough carbohydrate, or a skipped or delayed meal
- Taking too much insulin or diabetes pills
- Being more active than usual

### Here is how you may feel when your blood sugar is low:



### What YOU should do if you feel this way:

1. **Check your blood sugar.** If you cannot check it, treat for low blood sugar.
2. **Treat** if your sugar is low (under 70 mg/dl) by eating or drinking something high in sugar (15 grams of carbohydrate):
  - 3 or 4 glucose tablets **OR**
  - 4 ounces (1/2 cup) of regular fruit juice or regular soda (not diet) **OR**
  - 3 to 5 regular hard candies that you can chew quickly (not chocolate)
3. **Wait** 15 minutes, then check your blood sugar again:
  - If your blood sugar is still under 70 mg/dl, treat again (repeat step 2).
  - If your blood sugar is normal again, eat a meal or snack within 30 minutes to 1 hour to prevent your blood sugar from getting too low again.
  - If your blood sugar is still under 70 mg/dl after 3 treatments call 911.
4. **Call** your provider if you had low blood sugar more than once in a week or if you had to call 911.