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.