

Low Blood Sugar

Anyone who takes insulin shots or diabetes pills can have a low blood sugar. Low blood sugar is also called **hypoglycemia** or insulin shock.

Causes of Low Blood Sugar

- too much insulin or too many diabetes pills
- too little food
- skipping meals or snacks
- too much exercise

Warning Signs of Low Blood Sugar

If you have a low blood sugar, you may feel a warning sign. You may be:

shaky	sweaty
dizzy	crabby
hungry	confused

You may have:

- a fast heart beat
- blurry vision
- a headache

These signs mean that you must act fast to bring your blood sugar up.

Treating Low Blood Sugar

If you have low blood sugar feelings, eat or drink something fast. These are some foods you can eat if you think your blood sugar is low:

- 3 or 4 glucose tablets
- apple or orange juice, 1/2 cup
- a coke, pepsi or any regular soda, 1/2 cup (not sugar free)
- hard candy, 5 or 6 lifesavers
- 2 or 3 sugar cubes

It is important to carry hard candies, glucose tablets, or sugar cubes in case you have a low blood sugar feeling.

After Treating your Low Blood Sugar

Check your blood sugar 15 minutes after eating to make sure it has gone up above 70 mg/dl. If your blood sugar does not go up, eat the same high sugar food again. Once your blood sugar is over 100 mg/dl, have a snack of milk and bread or crackers to keep it up.

If your blood sugar still remains low, call your doctor. Remember, low blood sugars are a medical emergency and can be dangerous.

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(continued)

If You Pass Out

If you do not treat low blood sugar quickly, you could pass out. If you do pass out, other people should:

- call for emergency medical help immediately
- not give you food or fluid
- not put anything in your mouth
- not inject insulin

Be Prepared

- always wear diabetic identification
- tell family, friends, and co-workers how to help in case of a low blood sugar emergency
- always carry high sugar food