

Hypoglycemia — Low Blood Glucose

Blood glucose lower than 70 mg/dl

If you have any of these symptoms:



Confusion or can't think straight



Shaking, jitteriness



Hunger



Dizziness



Headache, irritability



Sweating

Causes

- Too little food
- Too much exercise
- Too much diabetes medicine
- Drinking alcohol

Prevention

- Follow meal plan
- Stay on schedule
- Plan for exercise
- Check blood glucose
- Check medicine dose

Test blood glucose, and if less than 70mg/dL:

1. Take fast-acting sugar.

(15 grams carbohydrate) Examples:

- ½ cup (4 oz.) juice/soda
- 3-4 glucose tablets
- 4-7 sugar candies
- 1 tablespoon honey or sugar
- 1 cup (8 oz.) 1% or fat-free milk

2. Wait 15 minutes and recheck blood glucose.

3. If blood glucose is still less than 70mg/dL repeat steps 1 and 2.

4. Once blood glucose is 70 mg/dl or more:

- Eat a meal or snack that includes carbohydrates.
- Recheck blood glucose before driving — do not drive until 100 mg/dl or more.

After treating low blood glucose, consult your physician if:

- There's no known cause
- Occurs two or more times in a week
- You do not have symptoms
- You need help to treat

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-2720.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-2720.

For questions, please call 407-303-2720 or visit AdventHealthDiabetesInstitute.com