

Hypoglycemia (Low Blood Sugar)

Hypoglycemia is low blood glucose. For most people with diabetes, blood glucose less than 70 is considered low.

What are signs of hypoglycemia?

- Sweaty
- Shaky
- Very hungry
- Nervous
- Heart pounding
- Weakness
- Grouchy
- Headache
- Lightheaded
- Confused, not thinking clearly
- Numb lips or fingers
- Sleepy

Steps to treat hypoglycemia:

1. Check your blood glucose and write it down. If it is below 70, take **ONE** of the following:
 - 3-4 glucose tablets
 - 1 tube glucose gel (15 grams)
 - 8 oz. cup milk (skim or low-fat)
 - 4 oz. Juice
 - 6 oz (1/2 can) regular soda pop
2. Wait 15 minutes. Check your blood glucose again.
3. If your blood sugar is still less than 70, repeat step 1.
4. Once the blood sugar is above 70, eat ½ sandwich or drink 8 oz. of milk. If it is less than one hour before your next meal, eat your meal.
5. Call your healthcare provider if your blood glucose does not go above 70 after 30 minutes or if this happens more than once a week.

Possible Causes of Hypoglycemia:

- Skipped or delayed meal
- Increased physical activity/exercise
- Too much or incorrect type of insulin/oral anti-diabetes medicine

For more information contact:
The Diabetes Center (262)928-4695

