

Diabetes: Just the Basics

Hypoglycemia (Low Blood Sugar)

What is hypoglycemia?

- Means low blood glucose or sugar.
- Some people call the feeling of hypoglycemia a 'low'.
- Low blood glucose for most adults is when the blood glucose is less than 70 mg/dl.

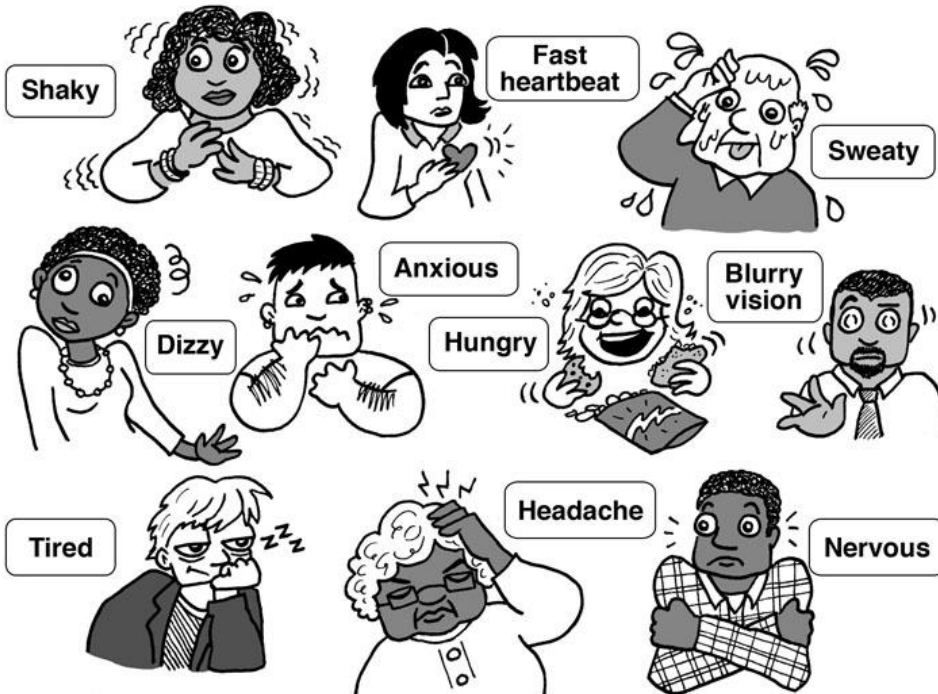
Check with your diabetes care providers to determine what level blood sugar is too low for you.

What causes hypoglycemia?

- Not eating enough food
- Too much insulin
- More activity than usual

Mild Low Blood Glucose

- You may feel:



If you have these symptoms, check your blood sugar level to be sure that your blood sugar level is low.

If your blood sugar level is <70 you should do the following:

- Eat or drink 15-20 grams of simple sugar: 4 ounces of juice or regular soda; 2-3 sugar packets; 6-7 lifesavers; 3 glucose tablets or 4 (dextrose tablets) to allow a rapid rise in blood sugar.
- Re-check your blood sugar level approximately 15 minutes after eating simple sugar. If blood sugar is still <70, repeat treatment.

Remember to keep a source of sugar with you for symptoms of low blood sugar.

This document is intended to provide health related information so that you may be better informed.

It is not a substitute for your doctor's medical advice and should not be relied upon for treatment for specific medical conditions.