

# Low Blood Sugar

When your blood sugars drop below 70 mg/dL you have low blood sugar. A low blood sugar (also called hypoglycemia) can happen very quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

## Symptoms of low blood sugar:

- Shaking or dizzy
- Weak or tired
- Sweaty
- Blurry vision
- Fast heartbeat
- Headache
- Hunger
- Upset or nervous

## Causes of low blood sugar:

- Taking too much insulin or oral diabetes medicine
- Skipping a meal or not eating enough
- Exercising more than usual



## What to do if you have low blood sugar?

It is important to eat or drink something that will raise your blood sugars very quickly. If you feel symptoms, check your blood sugars right away. If it is below 70 treat for low blood sugar. If you can't check, treat it anyway to be safe.

### Pick one treatment choice:

- Drink a 1/2 cup of juice or 1/2 a can of regular soda
- 4 glucose tablets
- 2-3 packets of sugar or 1 tablespoon of regular sugar or honey
- 3 hard candies

After picking one treatment, check your blood sugars again in 15 minutes. If it is still below 70, treat again with one treatment choice. If you keep having problems with low blood sugar and don't know why, speak with your doctor.

**Talk to your CHN nutritionist if you have more questions!**