

# Low Blood Sugar

When your blood sugar level drops 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 you to pass out. Please see below to learn about symptoms of low blood sugar levels so you can know how to prevent a medical emergency and feel better.

## Symptoms of low blood sugar:

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

Make sure friends, family and caregivers know your low blood sugar symptoms so they can help.



## Causes of low blood sugar:

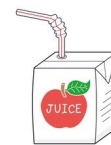
- Taking too much insulin or diabetes pills
- Skipping a meal or not eating enough
- Exercising more than usual

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

It is important to eat or drink something that will raise your blood sugar very quickly. If you feel symptoms, check your blood sugar 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



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After picking one treatment, **check your blood sugar again in 15 minutes**. If it is still below 70, treat again with one treatment choice. Once your blood sugar is in range, **eat a balanced meal or snack** to make sure it doesn't go low again.

If problems continue and you do not know why, speak with your doctor and your nutritionist.