

PREVENTING, RECOGNIZING, AND MANAGING Hypoglycemia

What is hypoglycemia?

Hypoglycemia is blood sugar (or blood glucose) that is below 70 mg/dL

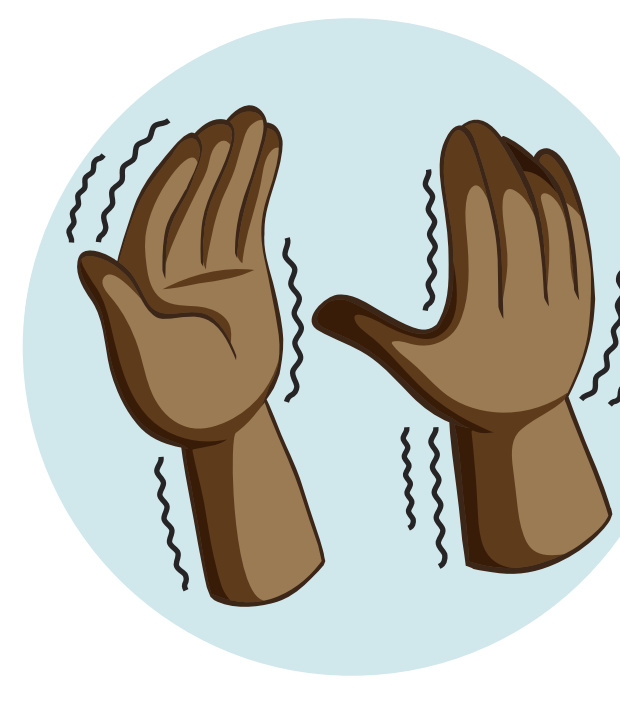


What causes hypoglycemia?

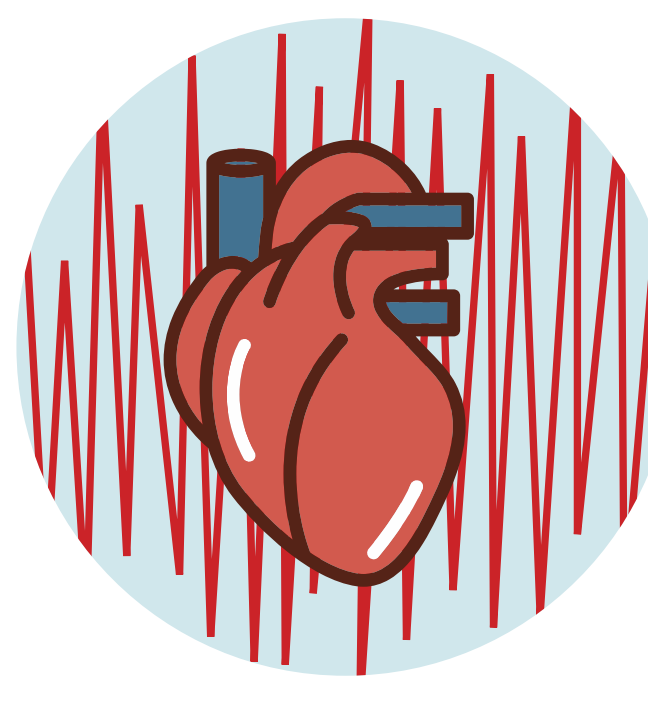
- Taking too much diabetes medication
- Not eating enough food
- Skipping meals
- Being more active
- Weight loss



What are the symptoms?



Feeling shaky



Fast heartbeat



Sweating



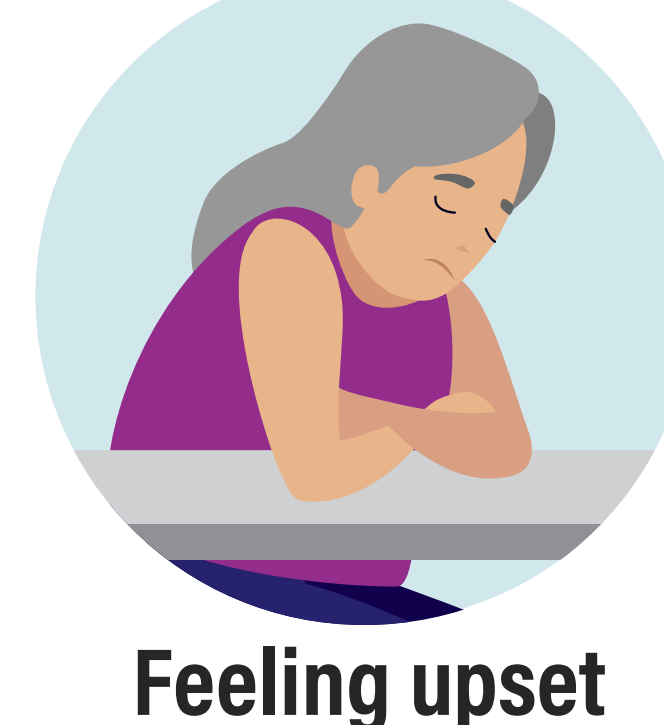
Feeling dizzy



Feeling hungry



Trouble seeing



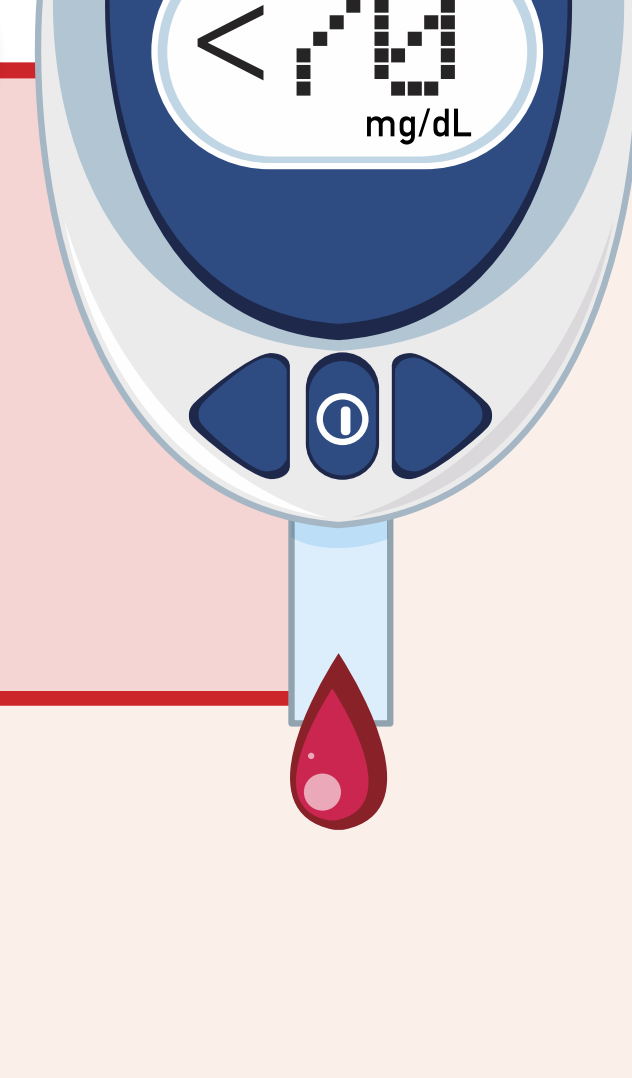
Feeling upset or tired

How do you treat hypoglycemia?

If blood sugar is between 54 mg/dL and 70 mg/dL

Eat 15-20 grams fast-acting carbohydrates

- 3-4 glucose tablets
- 3-5 hard candies (not chocolate)
- 4 oz fruit juice (orange, apple, grape juice; not diet or sugar free)
- 1/2 can regular soda (not diet or sugar free)
- 1 tablespoon of honey or sugar



Wait 15 minutes

Check your blood sugar level again

Blood sugar is 70 mg/dL or above

NO

YES

Eat 15-20 grams fast-acting carbohydrates
If necessary, repeat up to 2 times

If carbohydrates eaten
3 times and blood sugar
is below 70 mg/dL

Blood sugar
is 70 mg/dL
or above

If your next meal is
more than 1 hour away

- Eat a snack
- Ask your healthcare provider if you should take insulin with the snack



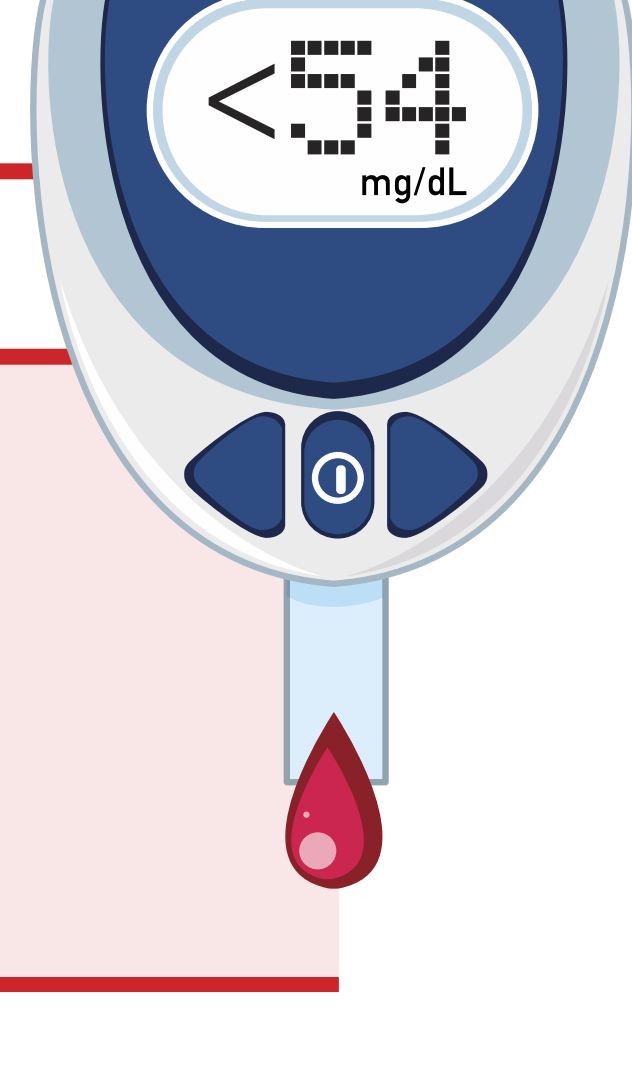
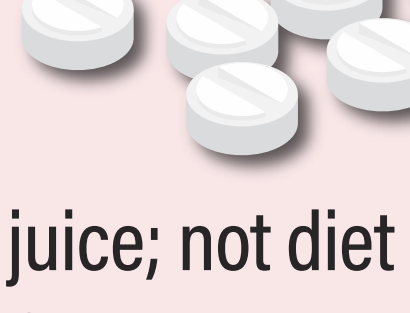
Call 911



If blood sugar is below 54 mg/dL

Eat 30 grams fast-acting carbohydrates

- 6-8 glucose tablets
- 6-10 hard candies (not chocolate)
- 8 oz fruit juice (orange, apple, grape juice; not diet or sugar free)
- 1 can regular soda (not diet or sugar free)
- 2 tablespoons of honey or sugar



Wait 15 minutes

Check your blood sugar level again

Blood sugar is 70 mg/dL or above

NO

YES

Eat 15-20 grams fast-acting carbohydrates
If necessary, repeat up to 2 times

If carbohydrates eaten
3 times and blood sugar
is below 70 mg/dL

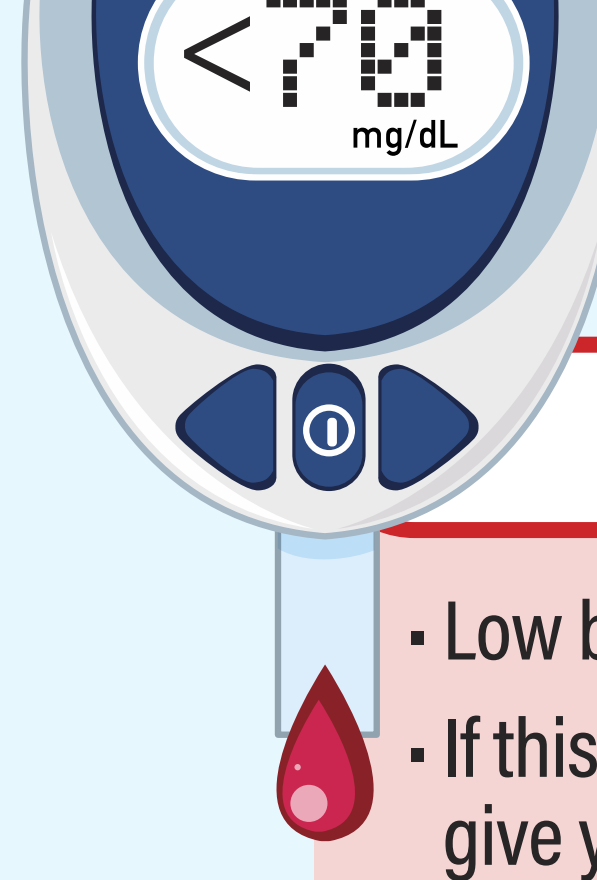
Blood sugar
is 70 mg/dL
or above

If your next meal is
more than 1 hour away

- Eat a snack
- Ask your healthcare provider if you should take insulin with the snack



Call 911



If blood sugar is below 70 mg/dL and unable to eat or drink

Treat with glucagon

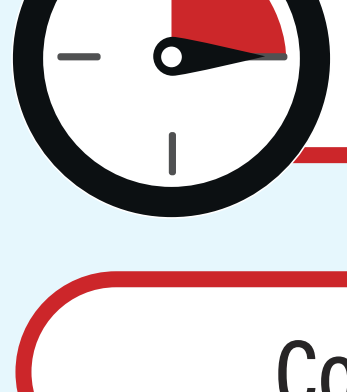
- Low blood sugar can cause you to pass out
- If this happens, another person may need to give you glucagon
 - Train a few people to help ahead of time if your blood sugar gets this low
- Glucagon can be injected, or some types are sprayed into the nose

No glucagon

Call 911



Call 911

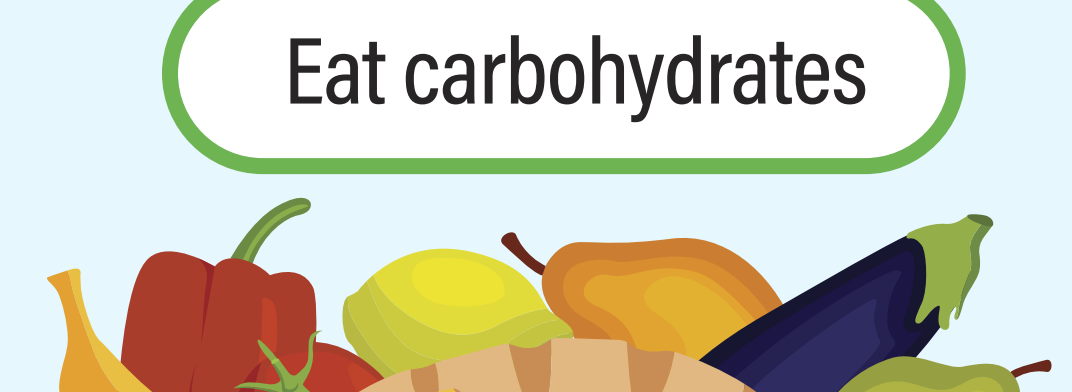


Wait 15 minutes

Conscious and able to eat

YES

Eat carbohydrates



NO

Repeat glucagon treatment
1 time if waiting for
emergency responders