

Hypoglycemia

What is hypoglycemia?

Hypoglycemia is when your glucose is below 70 mg/dl. People taking insulin or some diabetes pills can have hypoglycemia (See oral medications sheet).

Hypoglycemia needs to be treated immediately.

How will I know if my blood glucose level is too low?

Mild Symptoms	Moderate Symptoms	Severe Symptoms
Weak or tired Hungry Sweating Chills, cold hands Shaky feeling Fast heart beat Dizziness Headache Pale skin color Trouble sleeping	An increase in mild symptoms Anxiety Confusion, unclear thinking Anger, strange behavior Lack of balance Difficulty speaking Numb lips Blurred vision	Stupor Passing out Seizures

**** If you have symptoms test your blood glucose. It is important to treat while symptoms are mild to moderate.**

How can I treat hypoglycemia?

IF YOU ARE AWAKE:

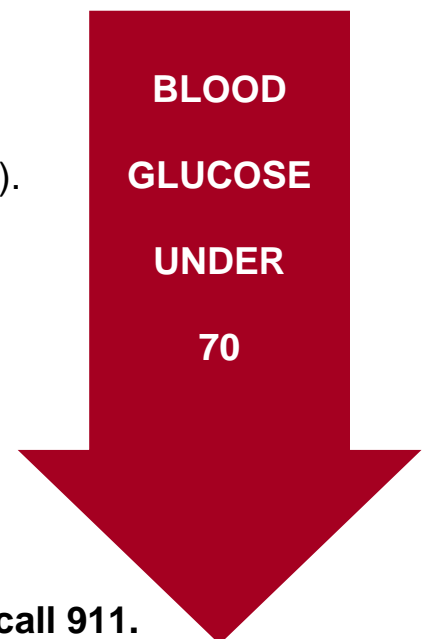
Eat or drink 15 to 24 grams of simple carbohydrate (sugar).

The following are examples:

- 4 glucose tablets
- 1 tube glucose gel
- 4 oz. orange or apple juice
- 4 oz. soda pop (NOT DIET)
- 2 teaspoons jelly or jam
- 7 Lifesavers®

****Severe hypoglycemia can cause you to pass out.**

Make sure someone knows you have diabetes and to call 911.



What causes hypoglycemia?

- Skipping meals or snacks
- Not eating at the right time
- Not eating enough food
- Unplanned or increased activity
- Not taking medication at the right time(s)
- Accidentally taking too much insulin or diabetes pills
- Drinking too much alcohol

How can I prevent hypoglycemia?

- Follow your plan for eating, medication and activities
- Test your blood glucose and keep a record
- If you have hypoglycemia more than 2 times in a day, tell your diabetes team

BE PREPARED

- Wear a diabetes identification bracelet or necklace
- Keep a source of simple carbohydrate (sugar) with you at all times...in your purse, glove compartment, backpack, or pocket
- Be sure that your family, co-workers, friends, teachers, and coaches know that you have diabetes and what to do when hypoglycemia happens

Where to learn more?

Visit our website: www.dagc.org and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.



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