

hypoglycemia (low blood sugar)

a low blood sugar is when your sugar is less than 4 mmol/L.

if you have a low blood sugar, you may feel:

- ❖ dizzy
- ❖ shaky
- ❖ sweaty
- ❖ hungry
- ❖ weak or tired
- ❖ confused
- ❖ irritable



it is important to treat low blood sugars right away
if low blood sugars are not treated, you could pass out

use any of the following to treat a low sugar:

- ❖ 3-4 sugar tablets (DEX tabs)
- ❖ 3 packets of sugar, dissolved in water
- ❖ ¾ cup of juice or regular pop (not diet)
- ❖ 6 hard candies that you can chew quickly (not sugar-free)
- ❖ 1 tablespoon of honey



what to do next:

- ❖ wait 15 minutes and re-check your blood sugar. **If it is still less than 4, treat it again.** Once your blood sugar is higher than 4, if your next meal or snack is more than 1 hour away, then eat a small snack with carbohydrate & protein to keep your sugar stable.

causes of low blood sugars:

- ❖ being more active than usual
- ❖ going a long time without eating
- ❖ eating less than usual, but still taking the same amount of medication or insulin
- ❖ alcohol
- ❖ taking too much or taking extra medication or insulin

talk to your diabetes team about how to prevent low sugars

