

Low blood sugar symptoms include:



Dizzy,
Light-headed



Weak,
Nausea



Nervous,
Anxious



Confused



Grouchy



Hungry



Sweaty



Tired



Shaky, Rapid
Heart Beat

HYPOGLYCEMIA (Low Blood Sugar)

Low blood sugar can be caused by missed meals, certain diabetes medicines, or increased activity.

If you feel any of these symptoms, check your blood sugar.

1. If your blood sugar is 70 mg/dl or below, you must follow one of the quick treatments below. A quick treatment has 15 grams of concentrated carbohydrate designed to raise your blood sugar.
 - 4 glucose tablets
 - 1 tube of glucose gel
 - ½ can of regular soda (not diet)
 - ½ cup of fruit juice
 - 5-6 pieces of hard candy
 - 1 tablespoon of sugar or honey
2. Once you have taken one of the quick treatments, wait about 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 70 mg/dl, take another quick treatment, wait 15 more minutes, and recheck blood sugar. You may have to repeat treatment until your blood sugar is above 70mg/dl.
4. Once your blood sugar is above 70 mg/dl, think about your next meal time. If it is 1 hour or more away, have a snack such as peanut butter and crackers or ½ sandwich to hold you until your next meal.
5. If your blood sugar does not rise above 70 mg/dl or you feel badly, call your healthcare provider right away.

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