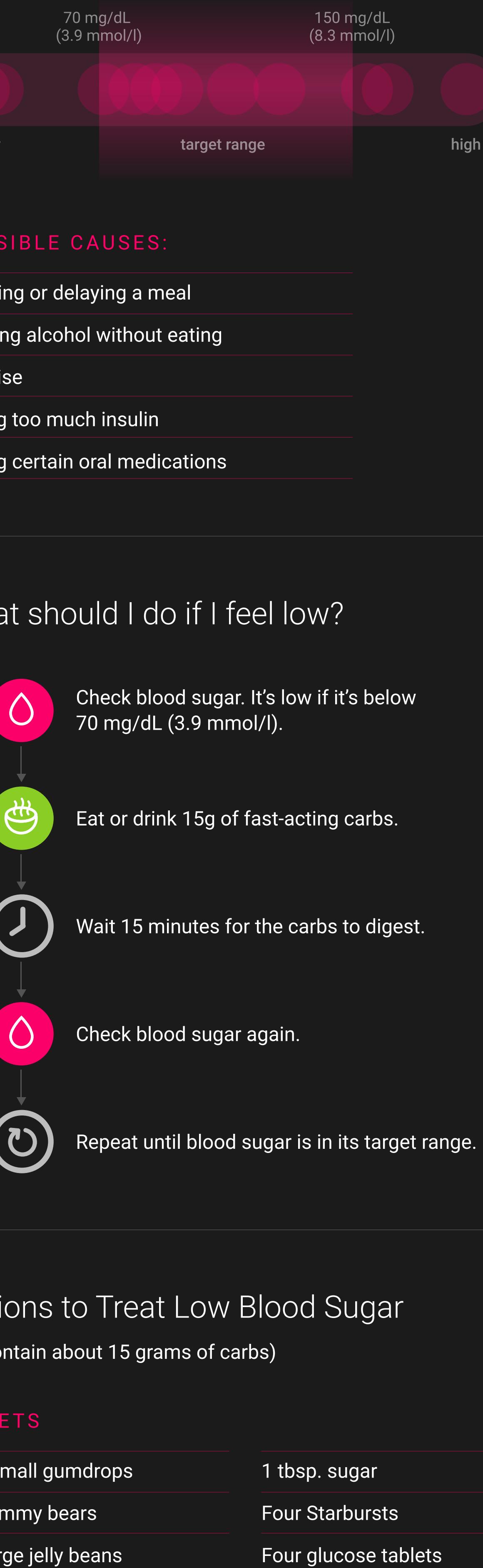


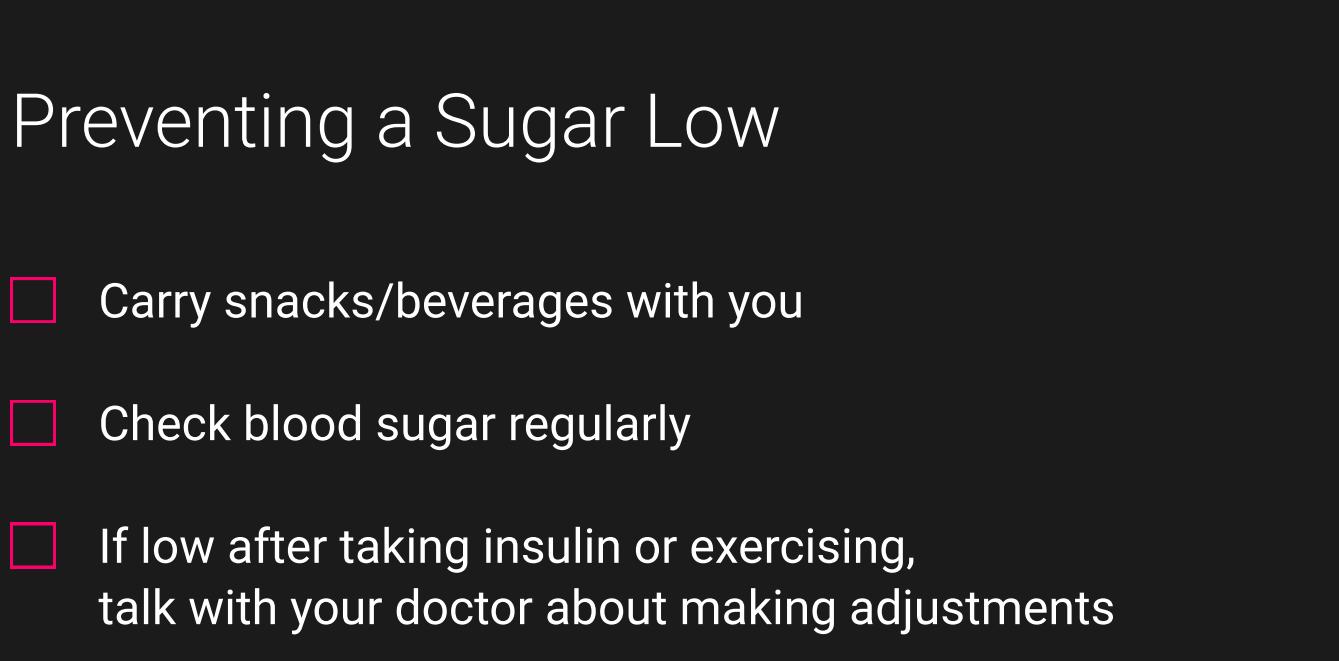
How to Handle Low Blood Sugar

Low blood sugar, also called “low blood glucose” or “hypoglycemia,” occurs when your body doesn’t have enough sugar to fuel your body properly.

SYMPTOMS MAY INCLUDE:



Low blood sugar is anything below 70 mg/dL (3.9 mmol/l).



POSSIBLE CAUSES:

Skipping or delaying a meal

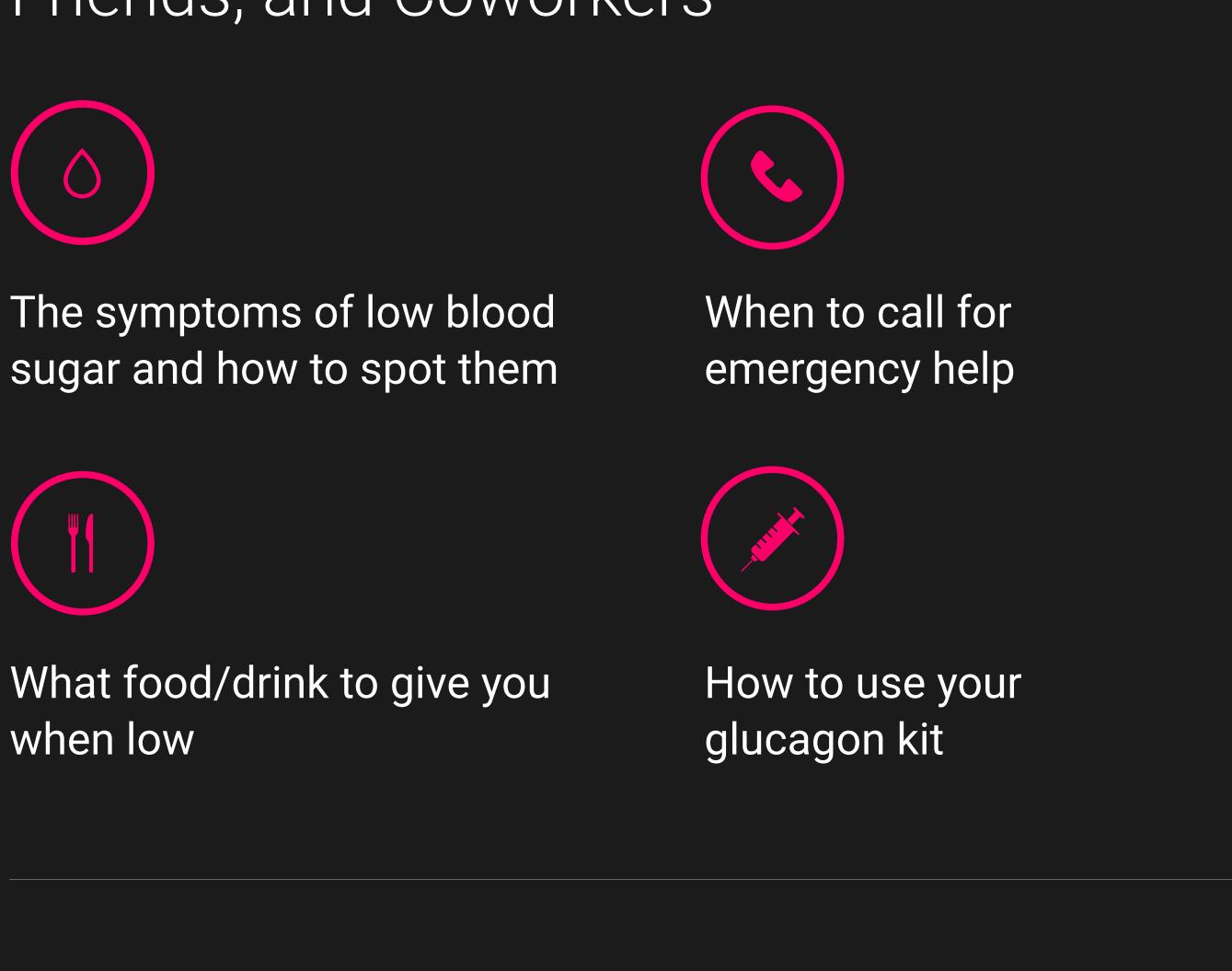
Drinking alcohol without eating

Exercise

Taking too much insulin

Taking certain oral medications

What should I do if I feel low?



Options to Treat Low Blood Sugar

(all contain about 15 grams of carbs)

SWEETS

Five small gumdrops

1 tbsp. sugar

12 gummy bears

Four Starbursts

Six large jelly beans

Four glucose tablets

15 Skittles

One tube glucose gel

1 tbsp. honey, jam, or jelly

DRINKS

½ cup orange or grapefruit juice

½ cup grape juice

½ cup regular soda (not diet)

1 cup fat-free milk

FRUIT

½ banana

2 tbsp. raisins

15 grapes

½ cup apple sauce

Preventing a Sugar Low

- Carry snacks/beverages with you
- Check blood sugar regularly
- If low after taking insulin or exercising, talk with your doctor about making adjustments
- If low during the night, speak with your doctor about adjusting medication
- Tell family, friends, and coworkers what to watch for and how to help you
- Keep an emergency glucagon kit at home and at work

Remember

SEEK MEDICAL ATTENTION

Seek medical attention when blood sugar does not improve after consuming sugar/carbs

WEAR A MEDICAL ALERT BRACELET

Wear a medical alert bracelet to let others know you have diabetes

ASK YOUR DOCTOR

Ask your doctor to prescribe an emergency glucagon kit, which comes as an injectable or nasal spray

STAY AWAY FROM DRIVING

Stay away from driving while blood sugar is low