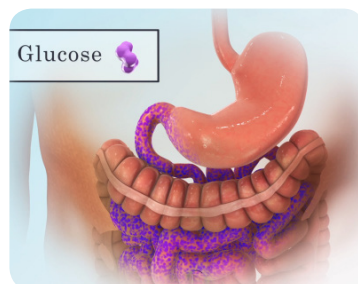


## Treating Low Blood Sugar

After you eat food that contains carbohydrates, your body breaks it down into a sugar called **glucose**. The cells in your body use this sugar to produce the energy they need to function properly.

Low blood sugar, called **hypoglycemia**, happens when the glucose, or sugar, in your blood drops below normal levels, or below the target range set by your doctor.

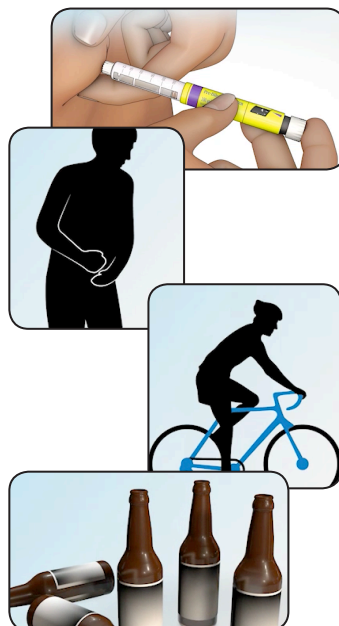


Your body uses **glucose** to produce the energy it needs to function properly.

## How Does Low Blood Sugar Happen?

Low blood sugar may happen if you:

- Take too much insulin.
- Take too much medication that raises insulin levels.
- Do not eat enough food.
- Wait too long between meals.
- Exercise too much.
- Drink too much alcohol.



Each person's reaction to low blood sugar is different. You need to know your own signs and symptoms.



## Low Blood Sugar Symptoms:

- Feeling shaky or thirsty
- Headache
- Feeling moody or nervous
- Anxiety
- Sweating
- Confusion
- Hunger
- Blurred vision
- Weakness

Untreated hypoglycemia may require immediate emergency care.

## Managing and Treating Low Blood Sugar

Managing and treating low blood sugar involves checking your blood sugar and getting it back into your target range with some form of high sugar food or medicine.

## Things You Will Need:

- A blood glucose meter.
- One fast-acting food source containing fifteen to twenty grams of sugar or carbohydrates, such as three or four glucose tablets.
- A substitute for glucose tablets is one of these: 4 ounces of juice, a cup of milk, 6 ounces of regular soda, a tablespoon of sugar, or 5 small pieces of candy.



## Managing and Treating Low Blood Sugar, continued



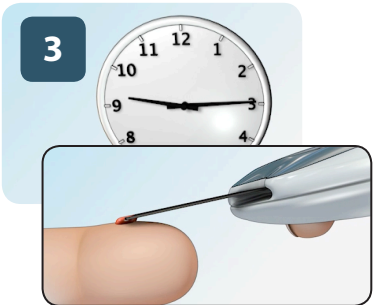
### Step 1

Check your blood sugar level using your glucose meter.



### Step 2

If your blood sugar is lower than 70, or lower than your target range, eat or drink one fast-acting source of sugar or carbohydrates.



### Step 3

- Wait 15 minutes.
- Then, check your blood sugar again.



### Step 4

- If your blood sugar is still too low, repeat step 2 and step 3.
- Then, check your blood sugar again.



### Step 5

- After your blood sugar returns to your target range, follow your normal eating habits or meal plan.
- If you have to wait 30 minutes or more before eating your next meal, eat a snack that contains protein and carbohydrates.



If you have treated your low blood sugar twice and your blood sugar remains below 70, call your health care provider right away.



### Preventing Low Blood Sugar

You can help prevent low blood sugar by:

- Regularly checking your blood sugar.
- Following your regular meal plan.
- Not skipping meals. Be sure to keep a fast-acting sugar source with you.
- Taking your diabetes medication as prescribed by your doctor.
- Exercising regularly.

**Watch online at:**  
**[GMCmanagingdiabetes.com](http://GMCmanagingdiabetes.com)**

This handout is intended to supplement the information you receive from your health care provider. This information should never be considered personal medical advice. Always contact your health care provider with questions or concerns.