

## Diabetes & Low Blood Sugar

### What is low blood sugar (blood glucose)?

A **low blood sugar or blood glucose level is a level that is below 70. It is important to prevent low blood sugar!** Blood sugar and blood glucose are words that mean the same thing. **They may also be called hypoglycemia.**

### What may cause low blood sugar?

You might have low blood sugar if you:

- Eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or too many pills for diabetes
- Are more active than usual.

### What are signs and symptoms of low blood sugar?

You may have some of these symptoms if your blood sugar is low:



These symptoms can get worse and you may pass out if you don't treat the low blood sugar.

Images from: "Low Blood Sugar (Hypoglycemia)." 2009 Novo Nordisk Inc., 126379R2, December 2009. Accessed: July 28, 2010, from [www.novomedlink.com](http://www.novomedlink.com).

### What can you do if you have low blood sugar? Remember the 15:15 Rule

- If your blood sugar feels low, check your blood sugar right away.

- If it is below **70**, eat or drink **15** grams of carbohydrate:
  - 1/2 cup (4 oz.) of juice or regular soda
  - 3-4 glucose tablets or 1 package glucose gel (keep this with you)
  - 1 tablespoon of sugar, honey or syrup
  - This should raise your blood sugar by about 50 points.



- If it is below **50**, eat or drink **30** grams of carbohydrate.
- Check your blood sugar again in **15** minutes. If your blood sugar is not above 100, eat or drink another 15 grams of carbohydrate.
  - Do not drive, do physically active work or do other activities that can be a harm to yourself or someone else until you know your blood sugar has returned to above 100.

**Do not** treat low blood sugar with: candy bars, peanut butter sandwich, chocolate, etc. These will take longer to raise your blood sugar and will likely raise it too high.

## Planning for a low blood sugar

- Wear a medical alert I.D. stating that you have diabetes.
- Carry an emergency pack at all times. This should include glucose tablets or gel, your glucose meter and strips and other emergency medication your health care provider has recommended.

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