

## Low Blood Sugar (Hypoglycemia)

Blood sugar is low when it is less than 70. Low blood sugar must be treated right away.

### Causes of low blood sugar:

- Missed or delayed meals or snacks
- Not eating enough food
- More activity than normal
- Too much insulin or diabetes pills

### Signs of low blood sugar:

- Feel shaky
- Feel sweaty
- Feel nervous
- Feel crabby or confused
- Have fuzzy or blurry vision

### What you need to do if your blood sugar is too low:

1. Sit down
2. Check your blood sugar
3. Eat or drink 15 grams of carbohydrate

4 glucose tablets or 1 tube of glucose gel  
or  
½ cup fruit juice  
or  
½ cup regular soda pop  
or  
1 cup of milk

4. Wait 15 minutes and check your blood sugar again
5. If less than 80, eat another 15 grams of carbohydrate
6. Wait 15 minutes and check your blood sugar again
7. If less than 80 eat another 15 grams of carbohydrate
8. Wait 15 minutes and check your blood sugar again
9. If still less than 80 call your doctor or go to the emergency room.  
THE PERSON WITH LOW BLOOD SUGAR SHOULD NOT DRIVE!!