



ADULT HYPOGLYCEMIA (Low Blood Sugar)

Causes	Symptoms	Treatment
<ol style="list-style-type: none"> 1. Skipping a meal or snack 2. Not eating all foods allowed for each meal. 3. Extra exercise/activity 4. Combining certain medication together. 5. Drinking alcoholic beverages without eating. 6. Sometimes hypoglycemia occurs without warning. 	<p><u>Mild hypoglycemia (70 or lower)</u> shakiness, sweating, hunger, chest pain, numbness/tingling</p> <p><u>Moderate hypoglycemia (50 or lower)</u> dizziness, headache, slurred speech, mood changes, blurred vision, feeling very tired</p>	<p><u>If the result is 70 or lower with symptoms:</u> Eat 15gms of carbohydrate: 4 glucose tablets or 2 tablespoons of raisins or 8 Lifesavers or one half cup of a regular cola.</p>
<p><u>Hypoglycemia Prevention</u></p>	<p><u>Severe hypoglycemia (40 or lower)</u></p> <p>unresponsiveness unconsciousness convulsions or seizures coma</p>	<p><u>If the result is 50 or lower with symptoms:</u> Eat 30gms of carbohydrate: glucose gel (24g) or two tablespoons sugar can be placed under the tongue or inside of the cheeks or one cup of regular cola if able to swallow.</p>
<ol style="list-style-type: none"> 1. Test your blood sugar frequently to know the values and help identify when and how much insulin, food or exercise is needed to prevent/avoid hypoglycemia reactions. 2. Eat healthy meals and and snacks on time. 3. Check blood sugar before exercising (ex: exercise 90 minutes after a meal). 4. Do not change your 	<p>Caution: If you have seizures or heart problems never allow blood sugars below 100.</p> <p><u>Tips</u></p> <ol style="list-style-type: none"> 1. Always wear diabetes identification. 	<p><u>If the result is 40 or lower with symptoms:</u> CALL 911! A family member will have to give Glucagon one mg. using the buttock, thigh, or arm. (Mix syringe contents with powder in vial just prior to injecting). Caution: Glucagon causes</p>

insulin dose, brand, type or source except on your doctor's advice.

2. Do not drive until you have fully recovered from low blood sugar.

3. If you are taking Precose (Acarbose) treat hypoglycemia with an oral glucose. (ex: glucose tablets or gel).

4. Always check the controls on your home glucose meter.

vomiting, turn to one side. After recovery and if able to swallow give one cup of regular cola and cheese toast or meat sandwich. Always recheck blood sugar in **15 minutes** and retreat if needed until blood sugar is greater than **70**.

If meal time is delayed more than one hour, eat one of your fruit or bread exchanges while you wait for the rest of the meal.

Call your doctor if you have hypoglycemia more than twice in one day.

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