



# Low Blood Sugar - Hypoglycemia

Low blood sugar is also called hypoglycemia & can become a medical emergency.



Trembling/Shaking



Sweating



Grumpy/Irritable



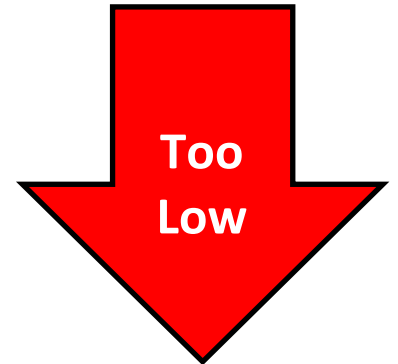
Dizziness



Hunger






Tired/Weak



Below 4.0 mmol/L  
(or 6.0 mmol/L for children  
under 6 years of age)

## What you need to do:

### 1. Don't wait! Treat with ***fast sugar first!***





- 3 teaspoons of sugar in water 
- **OR** Chew 4 Dex4<sup>®</sup> tablets 
- **OR** Drink ½ to ¾ cup fruit juice or regular pop 

\*Children under 6 years of age may only need 2 teaspoons of sugar. If they are upset or sleepy, try glucose gel or table sugar on a soother, or a ½ cup of juice in a bottle.

### 2. **Wait** 15 minutes

### 3. **Recheck** your blood sugar and repeat fast sugar every 15 minutes until you are feeling better and your blood sugar is above 4.0 mmol/L (or 6.0 mmol/L for children under 6 years of age).

### 4. **Then and only then**, if your next meal is more than 1 hour away, have a snack to keep the blood sugar from dropping again, such as:

- ½ sandwich 
- **OR** Granola bar 
- **OR** 3 plain cookies 
- **OR** 6 soda crackers and a piece of cheese 

# Low Blood Sugar - Hypoglycemia

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## What is low blood sugar?

- Low blood sugar means that the amount of sugar in your blood is less than 4.0 mmol/L (or 6.0 mmol/L for children under 6 years of age)
- Each person may have different symptoms or feelings of low blood sugar
- Blood sugar can drop quickly
- It may be hard to know how low blood sugar feels with newly diagnosed diabetes
- Symptoms of low blood sugar can change over time
- Low blood sugar may become harder to feel if it happens often

## What causes a low blood sugar?

- More physical activity than usual
- Less food than usual
- Too much insulin (or medication)
- Illness
- Drinking alcohol
- Weight loss

## How can you avoid low blood sugar and be prepared?

- **Carry 3 treatments (fast sugar) for a low blood sugar and snacks with you at all times**, especially in the car and when being active.
- Always check your blood sugar before you drive. Do not start driving if your blood sugar is less than 4 mmol/L. For long drives, check your blood sugar every 4 hours. See the *Drive Safe with Diabetes* handout.
- Be prepared with extra food when you are more active or reduce your insulin
  - For example, 1 medium fresh fruit  **OR** 2-3 plain cookies 
  - Or decrease your insulin by 20% or more (generally do not skip your dose altogether)
- Try not to miss meals
- Take your insulin or pills at routine times, every day.
- Check your blood sugar regularly and keep a record of the results.
- Take note of how you felt before and during a time of low blood sugar. Think about possible causes. Record this information to help you look for patterns.
- Call your Diabetes Educator or health care provider if:
  - You have too many low blood sugars or they are too hard to handle
  - You have a severe low blood sugar (where you need help to treat)
- Wear diabetes medical identification (i.e. Medic Alert™ bracelet).

Low blood sugars can make you feel really rotten.  
Treat with **fast sugar first**. Stay calm. You will be okay.