

Low Blood Sugar

Less than 4 mmol/L

Causes of Low Blood Sugar:

- Increase in Diabetes medication



- Missed or late meals or snacks.



- Meal with less carbohydrate (starch/sugar) than usual

- More activity than usual. Activity can lower blood sugar for many hours after.



- Drinking alcohol on an empty stomach. Alcohol can lower blood sugar for many hours after.



Signs of Low blood sugar

Sweaty/Chills

Anxious

Hungry

Sick to stomach

Shaky/Trembling

Tingling of lips/tongue

Fast heartbeat

Headache

Drowsy

Dizzy

Vision Changes

Weakness

Confusion/Trouble thinking

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How to Treat a Low Blood Sugar



1. Check your blood sugar to see how low you are.
2. Stop and treat with quick sugar:

Less than 4 take:
(15 gm sugar)

Less than 2.8 take:
(20+ gm sugar)

4 Dex 4™ glucose tablets

5 Dex 4™ glucose tablets

5 Dextro Energy™ tablets

7 Dextro Energy™ tablets

15 Skittles™

20 Skittles™

7 Jelly beans

10 Jelly beans

1 Tbsp. Honey or Sugar

2 Tbsp. Honey or Sugar

3/4 cup Regular pop or juice

1 cup Regular pop

3. Wait 10-15 minutes, then test blood sugar again.
4. If blood sugar remains low, treat again.
5. Test 15 minutes later.
6. Repeat until blood sugar is above 4.
7. If not eating within next hour or you are going to be active, eat a follow up snack.

*Avoid treating lows with fatty foods such as chocolate.

Follow up snack

Goal: to provide carbohydrate for the next hour.

Examples:

- 1 toast with peanut butter
- Cheese or hummus and 7 soda crackers
- 2 plain cookies
- Granola bar
- 3 cups popcorn

***If your blood sugar is less than 4 mmol/L after 2 treatments
Contact Emergency (911)***