

## SIGNS AND SYMPTOMS OF HYPOGLYCEMIA

---

**Low Blood Sugar (Hypoglycemia)** It is important to know the symptoms and treatment.

### Symptoms of Low Blood Sugar

You may have one or more of these symptoms when your blood sugar is low:

- Sweating
- Shaking
- Hunger
- Headache
- Anxious/irritable/mood change
- Fast heart beat

**Action Plan:** Check your blood sugar; if your blood sugar level is low, treat quickly.

### Step 1

Eat or drink something with 10 to 15 grams of carbohydrate.

- 1/2 cup of fruit juice
- 2-3 glucose tablets
- 5-6 pieces hard candy
- 6 oz. regular (not diet) soda (about half a can)

### Step 2

Wait 15 minutes, and then check your blood sugar.

### Step 3

If your blood sugar is still too low (or you don't feel better), take another dose of 10-15 grams of carbohydrate and check again after 15 minutes.

### Step 4

Once your blood sugar begins returning to your normal range, eat a snack containing carbohydrate and protein.

If your blood sugar stays too low even after treatment, call your doctor.

### Don't Go Overboard

Do not use low blood sugar as an excuse to eat sweets. You will only have the opposite problem - high blood glucose - later in the day. Also, stick to sugary foods that do not have a lot of fat. Fat slows down the movement of sugar into your blood. Candy bars and cookies are not the best choices for treating low blood sugar, unless they are the only high-carb foods nearby.

If you feel a reaction coming on but cannot check your sugar, it is best to treat the reaction rather than wait. Remember this simple rule: **When in doubt, treat.**

*Adapted from the American Diabetes Association – <http://www.diabetes.org/type-2-diabetes/hypoglycemia.jsp> and <http://www.diabetes.org/treating.jsp>*