



## **Hypoglycemia**

### **Low Blood Sugar**

#### **How to Prevent Low Blood Sugars**

**Eat at regular times**

**Eat proper portion sizes**

**Eat well balanced meals**

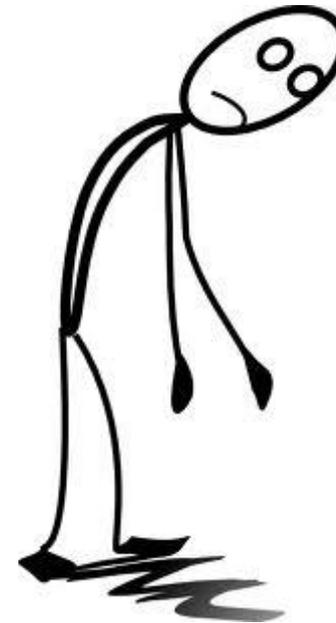
**Eat snacks on time**

**Eat a snack if your meal will be late**

**Eat more food before doing extra activity**

#### **Important Tips**

- **Notify your Doctor if you have frequent episodes of low blood sugar**
- **Always carry fast acting sugar with you**
- **Wear a medic alert**
- **Do not over treat your low blood sugar**
- **Always take your medications as prescribed**
- **Bring a log of your blood sugar results to show your Doctor**



## **What is Hypoglycemia?**

**Hypoglycemia is when your blood sugar is less than 4 mmol/L.**

## **What Causes hypoglycemia?**

**Hypoglycemia can be caused by:**

- **More physical activity than usual**
- **Not eating on time/missing a meal**
- **Not eating enough**
- **Taking too much insulin or diabetic medicine**
- **Drinking alcohol, especially without food**

## **What are the Signs of Low Blood Sugar?**

- **Nervous/Anxious**
- **Irritable**
- **Weakness**
- **Trembling**
- **Difficulty concentrating**
- **Hungry**
- **Sweating**
- **Vision Changes**
- **Headache**
- **Drowsy**
- **Confused**
- **Slurred Speech**

## **Treating your Low Blood Sugar**

**Take 15 grams of fast-acting sugar, such as:**

- **3 glucose tablets**
- **$\frac{3}{4}$  cup juice or regular soft drink**
- **6 Life Savers**
- **1 Tablespoon of honey**
- **3 Teaspoons of sugar dissolved in water**

**Wait 15 minutes, if your blood sugar is still low treat again with another 15 grams of fast-acting sugar.**

**If your next meal is more than an hour away, eat a snack. This is an important step to help prevent you blood sugar from dropping again. You should eat a protein and a carbohydrate for your snack.**

- **Crackers and cheese**
- **Toast with peanut butter**

**If you pass out, you will need:  
IMMEDIATE MEDICAL TREATMENT  
OTHERS SHOULD CALL 911**