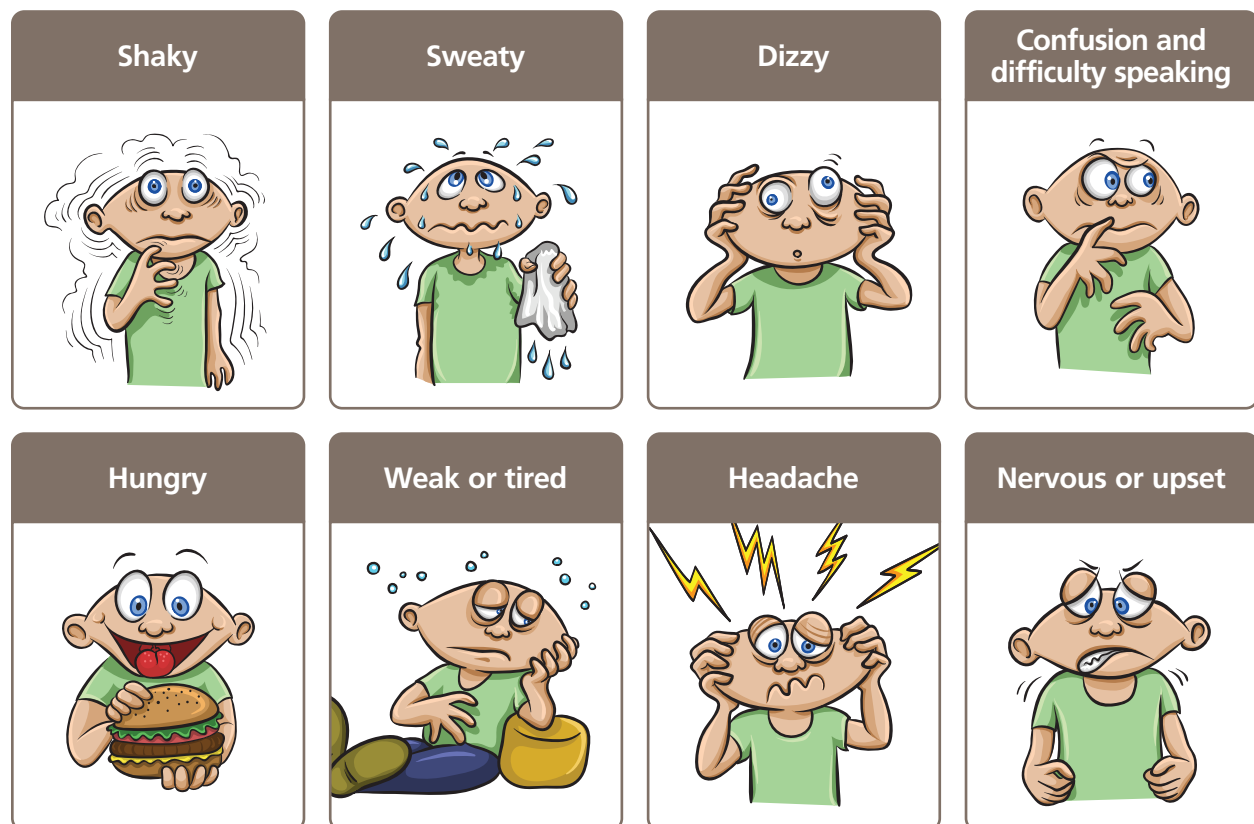# Low blood sugar (Hypoglycemia)

Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates
- Skip or delay meals
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual
- Are sick
- Drink alcohol without eating enough food

Signs and Symptoms

Here's what may happen when your blood sugar is low:

Shaky	Sweaty	Dizzy	Confusion and difficulty speaking

Hungry	Weak or tired	Headache	Nervous or upset

Or you may have no symptoms at all.

If low blood sugar is not treated, it can become severe and cause you to pass out.

If low blood sugar is a problem for you, talk to your doctor or diabetes care team.

Low blood sugar (Hypoglycemia)

What to do if you think you have low blood sugar

Check

Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.

Treat

Treat by eating or drinking **15 grams** of something high in sugar, such as:

4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)

4 glucose tablets or 1 tube of glucose gel

1 tablespoon of sugar, honey, or corn syrup

4 ounces (½ cup) of regular soda pop (not diet)

2 tablespoons of raisins

Wait

Wait **15 minutes** and then check your blood sugar again:

- If it is still low, eat or drink something high in sugar again
- If your next meal is more than an hour away, eat a snack to keep your low blood sugar from coming back

For more information, visit Cornerstones4Care.com

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