

HYPOGLYCEMIA

What is Hypoglycemia?

Hypoglycemia (low blood glucose) is when your glucose level is below 70 mg/dL (60 mg/dL if you are pregnant).

What causes Hypoglycemia?

- Too much insulin or diabetes medication. High doses of insulin or medication, or getting too much insulin for the amount of carbohydrates eaten.
- Exercise. Being physically active, especially if high intensity or for long periods of time may cause hypoglycemia. Hypoglycemia can occur from the time of exercise to up to 12 hours after exercise is completed.
- Not enough food. If someone is not able to eat due to nausea, sickness, or lack of appetite when taking diabetes medication; or not finishing the planned carbohydrate at the meal for which medication was given.

How do I know if I am Hypoglycemic?

If you feel the following symptoms or see someone with the following symptoms:

- Sweating
- Blurry Vision
- Dizziness
- Anxiety
- Hunger
- Irritability
- Shakiness
- Fast Heartbeat
- Headache
- Weakness, Fatigue

How do I treat hypoglycemia?

- Check glucose. Be sure your reading is actually below 70 mg/dL (or 60 mg/dL if pregnant). If not and you still feel symptomatic, try having a 5-8 gram carbohydrate snack. (example: 2 Starbursts, 3 Lifesavers, or ½ cup juice)
- Treat! If your reading is below 70 mg/dL (or 60 mg/dL if pregnant), perform the following steps:
 1. Have a 15 gram carbohydrate snack.
 - 4 glucose tablets
 - 1 small tube of glucose gel
 - ½ cup juice
 - 1/3 can of regular soda
 - 4 Starburst or 6 Lifesavers
 - 1 small decorator cake icing tube
 2. Wait 15 minutes and then re-check glucose.
 3. After 15 minutes, if your reading has not risen to >70 mg/dL, then repeat treatment.
 4. Once readings are >70 mg/dL you may have a 15g carbohydrate snack with a lean protein choice (example: apple and peanut butter) to sustain yourself until the next meal. If you are prescribed rapid acting insulin and it is time for your next main meal, once your reading is >70 mg/dL, you are safe to take your insulin dosage as prescribed.
- Call your doctor. If your readings continue to be low after more than 2 times of treatment, call your health care provider.



If you see someone with these symptoms and the person becomes unconscious or unable to treat themselves, administer Glucagon, if available and/or call 911.



EMERGENCY CONTACTS

Texas Children's Pediatric Endocrinology: 832-822-3670 option "0"
Texas Children's Pavilion for Women: 832-826-7500



Low blood sugar (Hypoglycemia)

Cornerstones4Care™

Causes

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

- Take certain medicines and eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms

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



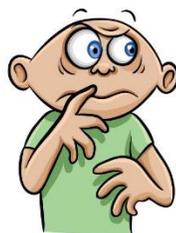
Shaky



Sweaty



Dizzy



Sudden behavior
change



Hungry



Weak or tired



Headache



Nervous or upset

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 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 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 ounces (½ cup) of regular soda pop (not diet)
- 3 or 4 glucose tablets
- 5 to 6 hard candies that you can chew quickly (such as mints)



Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something high in sugar again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.



For more information, visit
Cornerstones4Care.com

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