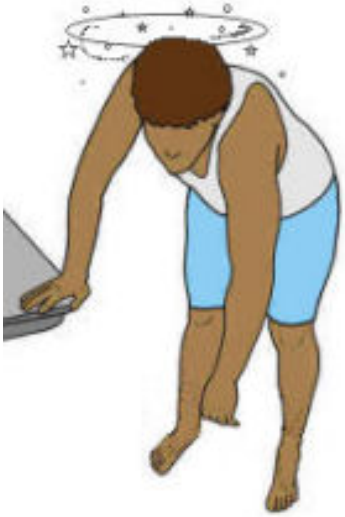
Low Blood Sugar
(Hypoglycemia)

Low blood sugar (*hypoglycemia*) can happen for many reasons. You might be sweaty, hungry, dizzy, or weak. You may be sleepy, nervous, and have a headache or fast heartbeat. It can happen fast and can be an emergency. Your doctor can do tests to check your blood sugar level. You can have low blood sugar and not have diabetes.



HOME CARE

- Check blood sugar as told by your doctor. If it is less than 70 mg/dl or as told by your doctor, take 1 of the following:
  - 3 to 4 glucose tablets.
  - 1/2 cup clear juice.
  - 1/2 cup soda pop, not diet.
  - 1 cup milk.
  - 5 to 6 hard candies.
- Recheck blood sugar after 15 minutes. Repeat until it is at the right level.
- Eat a snack if it is more than 1 hour until the next meal.

- Only take medicine as told by your doctor.
- **Do not** skip meals. Eat on time.
- **Do not** drink alcohol except with meals.
- Check your blood glucose before driving.
- Check your blood glucose before and after exercise.
- Always carry treatment (such as glucose tablets) with you.
- If you have diabetes, always wear a medical alert bracelet.

GET HELP IF:

- You or your child has low blood sugar problems often.
- You or your child has problems from his or her medicines.
- You or your child is not feeling better after 3 to 4 days.
- There are vision changes.

GET HELP RIGHT AWAY IF:

- Your or your child's blood glucose goes below 70 mg/dl or as told by your doctor, and you or your child is:
  - Confused.
  - Not able to swallow.
  - Passing out.
- You cannot treat yourself. You may need someone to help you.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

Document Released: 03/14/2011
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