

Low blood sugar (*Hypoglycemia*)

A low blood sugar or hypoglycemia means there is not enough sugar (glucose) in your blood stream. **A blood sugar below _____ mg/dL is low.** Low blood sugar can come on very fast and needs to be treated quickly. Low blood sugar that is not treated may lead to a seizure or passing out.

How you may feel with low blood sugar



shaky



hungry



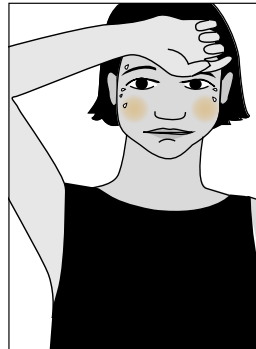
irritable



tired/weak



crying



sweaty

Causes of low blood sugar

- Not eating enough carbohydrates
- Delayed or skipped meal
- More exercise than usual
- Too much insulin

Feeling

- Nervous/anxious
- Pounding heart
- Upset stomach/butterflies
- Change in vision
- Tingling/numbness of mouth
- Trouble thinking
- Weak
- Shaky
- Hungry

Showing

- Sweaty
- Fast heartbeat
- Pale skin
- Confusion/slow speech
- Glassy eyes
- Mood change (irritable, sensitive, crying)
- Sleepy
- Seizure or passing out

Treatment for Low Blood Sugar

What to do:

Step 1:

Test blood sugar.

Step 2:

If blood sugar is below _____, give a simple sugar based on weight:

BODY WEIGHT	CARB AMOUNT
less than 30 lbs	5-10 grams
30-50 lbs	10-15 grams
more than 50 lbs	15-20 grams

Step 3:

Wait 15 minutes and retest blood sugar. If blood sugar is still below _____, repeat the same treatment.

Step 4:

Once blood sugar is above _____, eat a snack of 10-15 grams of complex carbohydrate with protein if it is more than one hour until the next planned meal or snack.

SIMPLE SUGARS	AVERAGE CARB AMOUNTS	YOUR AMOUNT
Juice	15 grams per 4 ounces (check label)	
Glucose tablets	4 grams per tablet	
Honey	6 grams per teaspoon, or 17 grams per tablespoon	
Table sugar	4 grams per teaspoon, or 12 grams per tablespoon	
Smarties	6 grams per roll	
Skittles	1 gram per skittle	


IMPORTANT: Do **NOT** use chocolate, peanut butter, ice cream, candy bars, or cookies to treat low blood sugar. These foods contain fat which slows the sugar from getting into the blood quickly.

Follow-up complex carb and protein examples:

- 1 granola bar
- 4 peanut butter or cheese crackers
- ½ sandwich
- 8 oz. milk
- 3 graham cracker squares + peanut butter
- 1 yogurt tube



If blood sugar is low at a mealtime check:

1. Give the simple sugar treatment and recheck after 15 minutes. Repeat if necessary. 
2. Only give insulin for carbs in the meal. Do not include the grams of simple sugar used to treat the low. Do not give extra insulin for high blood sugar.
3. Eat meal.