

If your blood glucose drops too low, you can have a low blood glucose reaction, called hypoglycemia. Hypoglycemia is a blood glucose less than 70 mg/dL.

What can cause low blood glucose?

- Too much insulin
- Missing a meal
- Delaying a meal
- Exercising too much
- Drinking too much alcohol

What does low blood glucose feel like?

- Shaky or dizzy
- Sweaty
- Hungry
- Headache
- Sudden mood change
- Confused
- Rapid heart beat

What to do?

- If you're not sure if your glucose is low, check your blood glucose.
- Eat or drink something that turns to sugar such as:
 - ✓ 1 cup of skim or 1% milk
 - ✓ ½ cup of fruit juice
 - ✓ ½ cup of soda (not diet soda)
 - ✓ 5 Lifesavers
 - ✓ 3 glucose tablets
 - ✓ 1 small box of raisins
 - ✓ 1 big spoonful of sugar or honey
- Wait 15 or 20 minutes. Check your blood glucose. If it is still low, eat or drink something again.
- If you take insulin and your blood glucose gets too low, you may get very confused. You may also pass out. You will need to get help **right away**. If you cannot eat or drink, you will need a shot of glucagon. Make sure you tell people around you when and how to give glucagon.
- If glucagon is not available, call 911 or go to the nearest emergency room for help.

How can I prevent low blood glucose?

- Eat your meals on time and do not skip meals
- Take the right amount of your diabetes medication
- Check your blood glucose often
- Ask your doctor about exercise and food
- Ask your doctor about drinking alcohol

Quiz

1. What is a low blood glucose?
 - a.) A blood glucose less than 50 mg/dL
 - b.) A blood glucose less than 70 mg/dL
 - c.) A blood glucose less than 100 mg/dL
2. True or False: You should always take glucagon to treat low blood glucose.
3. If blood glucoses drop low, drink or eat something that turns to sugar. Wait _____ minutes and then check your blood glucose.

Answers: 1) b, 2) False, 3) 15-20 minutes