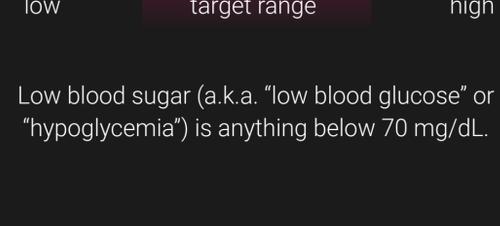


# handling low blood sugar

Low blood sugars happen when your body doesn't have enough sugar to use as fuel. Read on to learn how to spot a low and handle it like a pro!

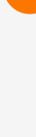
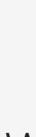
## What is low blood sugar?

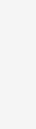


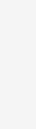
Low blood sugar (a.k.a. "low blood glucose" or "hypoglycemia") is anything below 70 mg/dL.

## What causes low blood sugar?

Common causes of low blood sugar:

-  Taking too much insulin
-  Taking certain oral medications

-  Skipping or delaying a meal
-  Drinking alcohol without eating

-  Exercise

These diabetes medications can increase your risk of low blood sugar:

### Insulin

- Glyburide (Micronase)
- glipizide (Glucotrol)
- glimepiride (Amaryl)
- repaglinide (Prandin)
- nateglinide (Starlix)

- Chlorpropamide (Diabinese)
- tolazamide (Tolinase)
- acetohexamide (Dymelor)
- tolbutamide (Orinase)

## What are the symptoms?

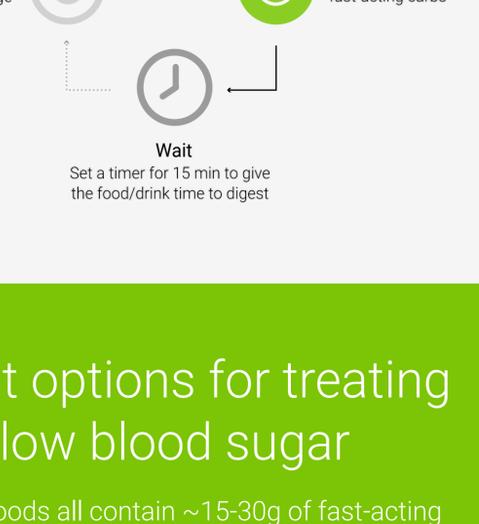
Some of the most common symptoms of low blood sugar are listed below.



If your blood sugar gets too low, you may:

- Faint
- Have a seizure
- Go into a coma

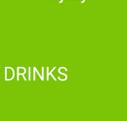
## What should I do if I feel low?



## Great options for treating low blood sugar

These foods all contain ~15-30g of fast-acting carbohydrates that will raise your blood sugar *fast*.

### SWEETS

-  5 small gum drops
-  12 gummy bears
-  6 large jelly beans
-  15 skittles

-  1 tbs honey, jam or jelly
-  1 tbs sugar
-  4 starbursts

### DRINKS

-  1/2 cup orange or grapefruit juice
-  1/2 cup pineapple juice
-  1/2 cup regular soda (not diet)
-  1/3 cup grape juice

-  1/3 cup cranberry juice
-  1/3 cup prune juice
-  1 cup fat free milk

### FRUITS

-  1/2 banana
-  1/2 cup apple sauce
-  2 tsp raisins
-  15 grapes

### OTHER

-  4 glucose tablets
-  1 tube glucose gel



Foods that contain lots of protein or fat – e.g. chocolate, candy bars, ice cream, cookies, crackers and bread – should not be used to treat low blood sugar, because they take much longer for the body to absorb.

## How do I prevent low blood sugar?

- Know the symptoms so you can respond quickly
- Always carry snacks with you in case your blood sugar starts to drop
- Always have a sugary beverage or snack handy (see examples above)
- Keep a **glucagon** emergency kit at home and work
- Check blood sugar frequently when drinking alcohol
- If you often go low after taking insulin or exercising, talk to your doctor about making adjustments
- If you go low during the night, talk to your doctor about adjusting your meds.
- Tell your friends, family, and co-workers what symptoms to watch out for & how to help you



**Glucagon** is an injectable medicine that is different from insulin and is used to treat severe low blood sugar.

Glucagon works by telling your body to release sugar into the bloodstream to bring the blood sugar level back up.

## What should I tell my friends, family, and/or co-workers?

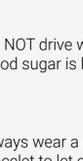
Anyone who spends a lot of time with you should know:



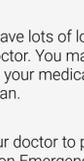
The symptoms of low blood sugar and how to spot them.



What foods or drinks to give you when you are low.



When to call for emergency help.



How to inject **glucagon**, a hormone that increases your blood sugar.

## Other Important Notes

-  DO NOT drive when your blood sugar is low.
-  If you have lots of lows, talk to your doctor. You may need to change your medication and/or meal plan.
-  Always wear a medical alert bracelet to let emergency workers know you have diabetes.
-  Ask your doctor to prescribe a Glucagon Emergency Kit and teach you how to use it.

### When to get medical attention

If your low blood sugar DOES NOT improve after consuming sugar/carbs, call your local emergency number for help.

Get medical help right away for a person with low blood sugar if he/she is not alert or won't wake up.

