

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.

## 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 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
  - 1/2 cup of fruit juice
  - 1/2 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
  - b.) A blood glucose less than 70
  - c.) A blood glucose less than 100
2. True or False: You should always take glucagon to treat a 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