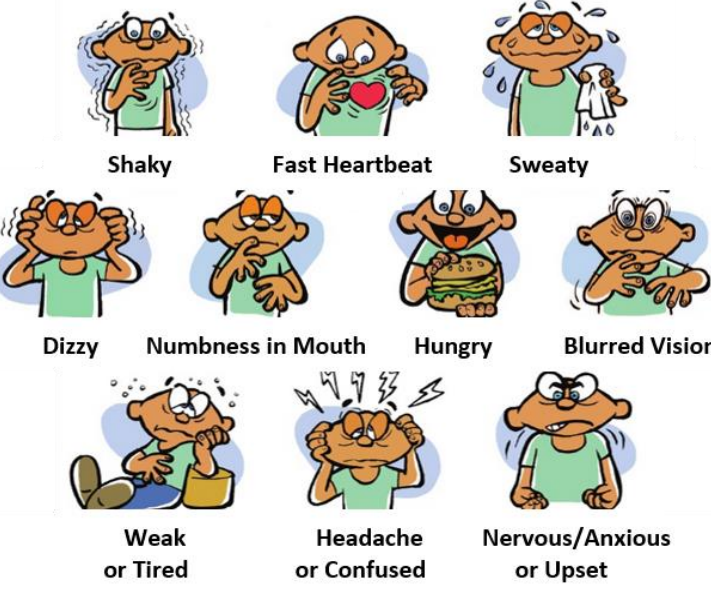


Hypoglycemia, or **low blood sugar**, is when your blood sugar reading falls below **4.0 mmol/L**

This happens when there is not enough sugar in your body. It can occur very quickly, therefore, if you are experiencing the signs or symptoms of hypoglycemia you need to **test and treat your blood sugar immediately**. If you cannot test your sugar, and have any of the symptoms shown below you should still treat the symptoms as if you are having a low blood sugar.

<p>Causes</p> <ul style="list-style-type: none"> • Missing a meal or not eating the whole meal • More activity than usual or than expected • Not eating when you are sick • Eating later than usual • Taking too much diabetes medications or insulin • Drinking alcohol 	<p>How to Treat</p> <p>You MUST have 15 grams of fast acting carbohydrate (sugar). Have one of the following:</p> <ul style="list-style-type: none"> • 3-4 dextrose (dex 4) tablets (PREFERRED) • 3 packets of table sugar dissolved in water • ½ cup apple juice • 1 tbsp honey • ½ cup regular sugar soda
<p>Symptoms You may experience any of the following:</p>  <p>Shaky Fast Heartbeat Sweaty</p> <p>Dizzy Numbness in Mouth Hungry Blurred Vision</p> <p>Weak or Tired Headache or Confused Nervous/Anxious or Upset</p>	<p>After Treating</p> <ul style="list-style-type: none"> • Wait 15 mins and test your blood sugars again • If it is still less than 4.0, treat again • If it is greater than 4.0, you will need to eat <ul style="list-style-type: none"> ➔ If your next meal is going to be in 45mins then eat the meal. If your meal is going to be in more than 45mins then have a balanced snack. <p>Balanced snacks include a Carb and a Protein:</p> <ul style="list-style-type: none"> • 7 soda crackers + 1oz of cheese • 1 slice of bread + 2tbsp peanut butter • ½ peach + ¼ cup 1% cottage cheese
<p>Nighttime Low Blood Sugar Symptoms Include all of the above symptoms as well as night sweats, nightmares or mood changes.</p>	<p>Treating Severe Hypoglycemia</p> <p>If your blood sugar drops very low you could lose consciousness or have a seizure. THIS IS A MEDICAL EMERGENCY that requires an injection of glucagon by another person or EMS.</p> <p>Glucagon kits are available by prescription. Speak with your health care provider about whether you should purchase one and how to use it.</p>
<p>Severe Symptoms If your blood sugar drops very low you could lose consciousness or have a seizure. THIS IS A MEDICAL EMERGENCY.</p>	