Low blood sugar
(Hypoglycemia in Diabetes)

What is hypoglycemia?
It is when your blood sugar is **less than 4 mmol/L**.This is serious and must be treated quickly.

If your sugar is low:

1. Stop what you are doing and test your blood sugar. If you can't test, treat anyway.

2. Take fast acting sugar. Have one of the choices below:

Low blood sugar (under 4 mmol/L)

- 3 to 4 glucose tablets (read label, total carbohydrates required 15 g)
- ¾ cup of regular pop or juice
- 3 teaspoons of sugar in water

- 6 Lifesavers

- 3 teaspoons of honey or 1 cup of milk (if on Prandase)

Very low blood sugar (under 2.8 mmol/L)

- 4 to 5 glucose tablets (read label, total carbohydrates required 20 g)
- 1 cup of regular pop or juice
- 4 teaspoons of sugar in water

- 8 Lifesavers

- 4 teaspoons of honey or 1 ½ cup of milk (if on Prandase)

If you can't swallow, someone should call 911

3.  **Wait 15 minutes** and test your blood sugar again. If it is still under 4 mmol/L, treat again.

4. When your blood sugar is over 4 mmol/L eat a meal or a snack within 30 to 60 minutes.
Should include a protein and a starch such as
- 7 crackers with cheese or peanut butter
- ½ a sandwich
- 1 cup (250 ml) of milk

Low blood sugar can happen if you:
- Miss or delay a meal
- Eat less than usual
- Drink alcohol without eating
- More active than usual
- Take more diabetes pills than needed
- Take more insulin than needed

Signs of low blood sugar – You may feel:
- Shaky, light headed or dizzy
- Sweaty
- Nervous, anxious or irritable
- Hungry
- Fast or pounding heart beat
- Tingling of tongue or lips
- Trouble concentrating or speaking
- Very tired or weak
- Blurred vision
- Confused

If your blood sugar is very low you may have seizures, become aggressive, "pass out" or go into a coma. 911 should be called.

Some people do not feel symptoms of low blood sugar. If you think this is happening to you, please talk to your doctor or your diabetes team.

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