

HYPOGLYCEMIA (LOW BLOOD SUGAR)

Hypoglycemia is defined by less than normal blood glucose, usually below 70 milligrams per deciliter (mg/dL) when taking a diabetes medication that can cause hypoglycemia. Ask your care team if you're at risk. Your care team will determine your target range. Low blood sugar can be caused by a missed or delayed meal or more physical activity than normal. Each individual's reaction to low blood glucose is different, so it's important to learn your own signs and symptoms, and share them with family and friends.

SIGNS AND SYMPTOMS OF LOW BLOOD GLUCOSE INCLUDE

Excessive Hunger Shaking/Trembling Sweating Dizzy/Confused
Headache Blurred Vision Light Headed/Weak/Tired Cranky/Irritable

Symptoms may begin mild but can worsen quickly if left untreated. Hypoglycemia may lead to unconsciousness, so always wear or carry diabetes identification. If possible, check your blood glucose right away when you experience symptoms of hypoglycemia.

TREATING HYPOGLYCEMIA WITH THE RULE OF 15

When you're below target range:

- Eat 15 grams of simple carbohydrates to quickly raise your blood glucose.
 - Glucose tablets
 - 4 ounces of juice or regular soda
 - 1 tablespoon of sugar or honey
- After 15 minutes, check your blood glucose again. If still low, have another 15 grams of carbs. Repeat until back within your target range.

If you experience two or more unexplained lows within one week, contact your diabetes care team.

Your daily target blood glucose range is _____ - _____ mg/dL.

UMASS MEMORIAL DIABETES CENTER OF EXCELLENCE

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