

Symptoms of Hypoglycemia (Low Blood Glucose)

Hypoglycemia means your blood glucose is too low. Symptoms come on quickly. They need to be treated as soon as possible. If you have any of the symptoms below, tell your doctor or nurse right away.



Hungry



Anxious



Dizzy



Tired



Sweaty



Blurry Vision



Headache



Fast Heart Beat



Shaky



Angry

(over)

What To Do if You Have Symptoms of Hypoglycemia

- Test your blood glucose as soon as you feel symptoms.
- If your level is low, treat with 15 grams of carbohydrate. Examples include:
 - ½ cup of fruit juice (you don't need to add sugar)
 - ½ cup of regular pop
 - 7 to 8 Lifesavers® or other candies
 - 1 tablespoon of honey or sugar
 - 4 glucose tablets.

- Retest your blood glucose every 15 minutes until your blood glucose is above 80 mg/dL without symptoms.

Symptoms can change over time. You may have new symptoms such as tingling around your lips after having diabetes for a few years. If you notice a change in your symptoms, talk to your doctor or nurse.

Important

Low blood glucose levels vary from person to person, so it is important to ask your health care provider or diabetes educator what is too low for you.