Low Blood Sugar
(Hypoglycemia)

CHANGINGlife WITHDIABETES

Causes

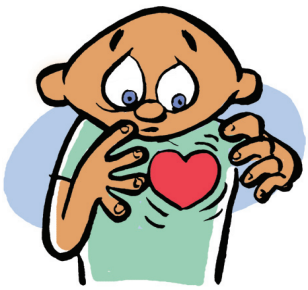
You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates or skip or delay a meal (Talk with your diabetes care team to see if this applies to you)
- Take too much insulin or diabetes pills
- Are more active than usual

Signs and Symptoms

Here's what may happen when your blood sugar is low:

Shaky


Fast heartbeat

Sweaty

Dizzy or shaky

Anxious

Hungry

Blurry vision

Weak or tired

Headache

Nervous or upset

If low blood sugar is not treated, it can cause you to pass out. You may even die.

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What to do if you think you have low blood sugar

Check your blood sugar right away. If you can't check, treat anyway.

Treat by eating or drinking something sugary, such as 4 ounces of regular fruit juice (orange, apple, or grape juice, for example), 4 ounces (½ cup) of regular soda pop (not diet), 3 glucose tablets, or 5 to 6 hard candies that you can chew quickly (such as mints).

Wait 15 minutes and then check your blood sugar again. If it is still low, eat or drink something sugary again. Once your blood sugar returns to normal, eat a meal or snack. This can help keep low blood sugar from coming back.

For more information, call the Novo Nordisk Diabetes Tip Line at 1-800-260-3730, or visit us online at **ChangingDiabetes-us.com.**

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