



Diabetes Education Program

HYPOGLYCEMIA (Low Blood Glucose)

Definition: Random Blood Sugar less than 70 mg/dl

<p>↓ Signs Of Low Blood Sugar (Less than 70 mg/dl- may not have any symptoms!!)</p>	<p>Treatment</p>
<p style="text-align: center;"><u>Early Symptoms</u></p> <ul style="list-style-type: none"> ■ Shakiness ■ Sweating ■ Nervousness ■ Dizziness ■ Weakness ■ Irritability ■ Hunger ■ Headache 	<ul style="list-style-type: none"> ■ If you experience any signs of low blood sugar, check your blood sugar to confirm the problem is low blood sugar ■ <u>Take some form of fast-acting (15 gms) carbohydrate immediately:</u> <ul style="list-style-type: none"> ▪ 4 oz. Juice or regular soda ▪ 1 tube of Glucose® (glucose gel) ▪ 6 to 7 Lifesavers® ▪ 3 - 4 Glucose tablets ■ Repeat blood sugar in 10 to 15 minutes if necessary ■ Eat a meal within the hour ■ If symptoms persist, call your doctor ■ If extreme confusion or unconsciousness occurs, give glucagon if available
<p style="text-align: center;"><u>Later Symptoms</u></p> <ul style="list-style-type: none"> ■ Anger ■ Staggering gait ■ Crying ■ Confusion ■ Blurred vision 	<ul style="list-style-type: none"> ■ Educate friends and family that if they observe these signs they need to aid you in providing some form of fast-acting carbohydrate ■ If not able to, seek medical attention
<p style="text-align: center;"><u>IF UNTREATED</u></p> <p>Increased confusion, loss of consciousness and convulsions may occur</p>	<p><u>CALL YOUR Health Care Provider OR GO TO THE EMERGENCY ROOM!!!</u></p>

If blood glucose is less than 50 mg/dl treat with 30 gm. Carbohydrates.

15 grams, 15 minutes

To learn more about the Diabetes Education Programs at the UCONN Health Center, please call the UCONN link at 860-679-7692/800-535-6232