

Hypoglycemia (Low Blood Glucose)

Some
Symptoms:

Causes: Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden.



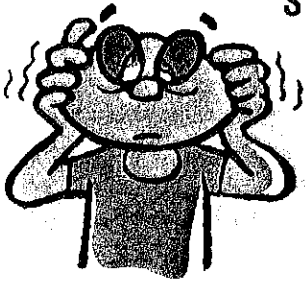
SHAKY



FAST
HEARTBEAT



SWEATING



DIZZY



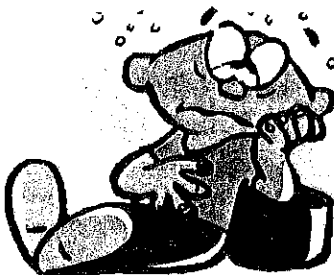
ANXIOUS



HUNGRY



BLURRY VISION



WEAKNESS OR FATIGUE



HEADACHE



IRRITABLE

IF LOW BLOOD GLUCOSE IS LEFT UNTREATED, YOU MAY PASS OUT AND NEED MEDICAL HELP.

What Can You Do?



CHECK your blood glucose right away. If you can't check, treat anyway.



TREAT by eating 3 to 4 glucose tablets or by drinking 4-ounces of fruit juice. If it is more than half an hour before the next meal or snack eat 4 peanut crackers or ½ of a sandwich.



CHECK your blood glucose again. If symptoms continue after 30 minutes, repeat treatment if still under 70.