

## Hypoglycemia (Low Blood Sugar)

- **Hypoglycemia: When your blood sugar is less than 4.0 mmol/L**

- **Low blood sugar makes you:**

- Shaky
- Sweaty
- Dizzy
- Hungry
- Confused
- Bad-tempered



- **What do I do?**

- Do not panic
- Check your blood sugar
- If your blood sugar is less than 4.0 mmol/L:
  - ✓ Drink a small glass of juice or regular pop
  - or**
  - ✓ Eat 6 Life Savers or 6 jelly beans
  - ✓ After that, eat your next meal or a snack:
    - 6 crackers with peanut butter
    - A piece of fruit

- **Low blood sugar might happen if:**

- You take your diabetes medication and do not eat.
- You take too much diabetes medication.
- You eat too little food and exercise a lot.

- **Remember:**

- Always have candies (Life Savers or jelly beans) with you.
- If you have more than 2 low blood sugars a week, make an appointment to see your diabetes team.