

Hypoglycemia

Symptoms of LOW Blood Sugar

Causes: Too little food, more than five hours from last meal, too much insulin or diabetes insulin, alcohol, too much physical activity

Onset: May be sudden, may pass out if untreated

Blood Sugar: Below 70 mg/dl

Symptoms



Shaking



Sweating



Rapid Heartbeat



Headache



Hunger



Weakness,
Fatigue



Impaired Vision



Anxious



Irritable



Dizziness

Recommended Action



Check your
blood sugar.



If it is below 70 drink
one-half to one cup juice,
skim milk or regular soda,
or chew five to six hard
candies or four glucose
tablets, or swallow
one tube of glucose gel.



Check your blood
sugar in 15 minutes.
If still below 70,
take more sugar.
If symptoms don't
stop, call your doctor.



Eat a snack or
meal within
30 minutes.

