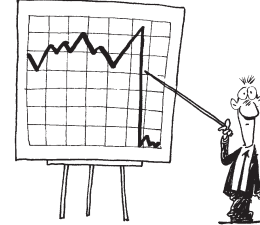




Low blood sugar occurs when there is too much insulin and not enough sugar in your bloodstream.

## Causes of Low Blood Sugar

- Not enough food; skipping or being late with a meal or snack
- Too much diabetes medication, either insulin or pills
- Extra exercise
- Alcohol



**How Will I Feel?** (One or more of these symptoms may occur.)



- Hungry
- Nervous
- Shaky
- Sweaty
- Dizzy
- Headaches
- Blurred vision
- Pounding heart
- Unsteady on your feet
- Not able to think clearly

## What Should I do?

If you can, test your blood sugar. **Always take some form of quick sugar** when you have the symptoms of low blood sugar or your blood sugar result is less than **4.0 mmol/L**.

- Juice (3/4 cup)
- BD Glucose Tablets (3)
- Sugar packets (3)
- Dex 4 Glucose Tablets® (4)
- Regular pop (3/4 cup)
- Lifesavers® (6)

**WAIT 15 MINUTES**, re-test your blood sugar. If it remains below 4, treat again with some form of quick sugar as listed above.

## If Low Blood Sugar Reaction Occurs

- 1) More than 1 hour before your next meal or snack, treat with some form of quick sugar, wait 15 minutes. If blood sugar is above 4.0 mmol/L, take one starch choice such as (7) soda crackers or 1/2 an English muffin or 3-4 Arrowroot cookies.
- 2) During the night, treat with some form of quick sugar and re-test your blood sugar 15 minutes later. If it is above 4.0 mmol/L, take one starch and one protein choice such as one slice of toast with peanut butter.
- 3) Report repeated low blood sugars to your doctor.
- 4) If you are using insulin discuss with your doctor the necessity of carrying an emergency glucagon kit.
- 5) For all those at risk for a low blood sugar, a MEDIC ALERT bracelet should be worn.



**This extra food is in addition to your daily meal plan.**  
**Always remember to TREAT then EAT!**