

## Low Blood Glucose – Hypoglycemia

A blood glucose less than 4.0 mmol/L



### Symptoms:

- Shaky, sweaty, lightheaded, and/or sleepy
- You may have a headache, nausea, hunger or feel dizzy
- You may have blurry vision, become irritable or 'pass out'

### What to do:

1. Check your blood sugar. If it is **less than 4.0 mmol/L, treat it.**
2. Treat with 15g fast acting carbohydrate. **Choose one:**
  - 4 Dextrose tablets
  - 1 tbsp. honey
  - $\frac{3}{4}$  cup regular pop or juice
3. **Wait 15 minutes and recheck** blood glucose. If it remains under 4 mmol/L, **repeat** treatment.
4. Once your blood glucose is over 4.0 mmol/L and your next meal is more than 1 hour away, have a balanced **snack** of carbohydrate and protein:
  - 7 crackers with 1oz cheese or 2 tbsp. peanut butter
  - 1 slice bread with 2 tbsp peanut butter
  - 1 medium fruit with  $\frac{1}{4}$  cup of nuts

### Why did this happen?

- Missed or delayed meal
- Being more active
- Drinking alcohol without eating
- Too much insulin with more activity or a smaller meal

**Call your physician or Diabetes Care Guelph if you have low blood glucose more than 2 times in one week**

**Call: (519) 840-1964**