Low Blood Sugar (Hypoglycemia)

**Causes:** Too little food, more than five hours from last meal (during waking hours), too much insulin or diabetes medications, too much physical activity or alcohol.

**Onset:** 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

**What to do:**

1. Check your blood sugar.
2. If below 70, eat or drink **something to raise the blood sugar fast.**
   - ½ cup fruit juice (4 oz.)
   - ½ cup (4 oz.) regular soda
   - 1 tablespoon sugar or honey
   - 6 jelly beans
   - 4 glucose tablets
3. Check your blood sugar in 15 minutes. If it is still below 70, repeat step 2.
4. Eat a snack or meal within 30 minutes.

Always carry a fast-acting sugar with you. If you have two lows on the same day or three lows in one week, call your doctor.
Causes: Too much food, not enough medication, illness, surgery, stress, pain, infection, or steroids.
Onset: Gradual. May progress to Diabetic Ketoacidosis.
Blood Sugar: Above 180 mg/dl

Symptoms

- Nausea
- Drowsiness
- Blurred Vision
- Dry Skin
- Hunger
- Extreme Thirst
- Frequent Urination

What to do:

- Check your blood sugar
- If your blood sugar is above 250 mg/dl for two days, call your doctor

To learn more about Scripps Diabetes Care, visit scripps.org/diabetesinfo or call 1-877-944-8843.