Low Blood Glucose (Hypoglycemia)

Low blood glucose (BG): less than 70 mg/dl with symptoms

**Causes of Low BG**
- Missed or delayed meal or snack
- Increased exercise or activity
- Too much diabetes medication

**Typical Signs & Symptoms of Low BG**
- Shaky
- Sweaty
- Dizzy
- Fast heart rate
- Confused
- Irritable

**Treating Low BG**
1. Test your BG if possible. Use your finger, not an alternate site.
2. If BG is:
   - **50–70**, take 15 grams of carbohydrate such as
     - 4 glucose tablets or
     - ½ cup juice or regular soda
   - **Less than 50**, take 30 grams of carbohydrate such as
     - 8 glucose tablets or
     - 1 cup of juice or regular soda
3. Re-test your BG 10 minutes after treating. If BG is not over 70, take another 15 grams of carbohydrate.

**General Guidelines**
- **Always** carry carbohydrate which you can quickly consume.
- Treat low BG right away, in a safe environment (e.g. if you are driving, pull over).
- Eat or drink the correct amount of carbohydrate. Don’t overtreat.
- 15 grams of carbohydrate will raise BG by about 50 mg/dl.
- If you are having low blood sugars several times/week, talk with your provider.

For more information, check our Web site at: www.amc.edu/diabetes