

Hypoglycemia low blood sugar in adults

What are the signs?

Each person will have their own way of recognizing low blood sugar.

Some of the signs include:



Severity

Sweating	Trembling	Palpitations	Anxiety
Hunger	Nausea	Headache	Tingling
Disturbed sleep	Weird dreams	Weakness/dizziness	Difficulty concentrating
Vision changes	Drowsiness	Difficulty speaking	Unconsciousness

Why does low blood sugar happen?

Have you:

- Eaten less than planned?
- Eaten later than normal?
- Taken more medication than planned?
- Been more active than planned?
- Drunk any alcohol within the past 24 hours?

Fear of "lows" is common and normal. If you are having lows, speak with your diabetes team:

- Doctor • Nurse practitioner • Pharmacist
- Nurse • Dietitian

How to take action

EAT fast-acting sugar

15 g of glucose in the form of glucose tablets	1 tablespoon (15 mL) of honey	1 tablespoon (15 mL) sugar in water
2/3 cup (150 mL) of juice or regular soft drink	15 g fast-acting sugar (e.g. 6 Life Savers® or 2 rolls Rocket Candy)	

WAIT 15 minutes and **CHECK**

<p>If blood sugar is ABOVE 4.0mmol/L AND next meal is in the hour</p> <p>✓</p>	<p>If blood sugar is ABOVE 4.0mmol/L AND next meal is LONGER than 1 hour away</p>	<p>If blood sugar is BELOW 4.0mmol/L REPEAT steps above</p> <p>✗</p>
---	--	--

Eat ONE of:

Starch:
ex. 7 crackers OR 1 slice of bread

AND Protein:
ex. 1 piece of cheese OR 2 tablespoons of peanut butter



Are you Driving?

After treating a low, **Wait** until your blood sugar is above 5 mmol/L to start driving. Your brain might need up to 40 minutes to recover before you can safely drive again.

diabetes.ca

1-800-BANTING (226-8464) | info@diabetes.ca

DIABETES CANADA