Hypoglycemia Treatment - English

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Description
An illustrated handout for diabetics on recognizing the symptoms of low blood sugar (hypoglycemia) and treating it.

Keywords
Diabetes, Hypoglycemia, Low Blood Sugar, Patient Education

Disciplines
Endocrine System Diseases | Medicine and Health Sciences | Nutritional and Metabolic Diseases

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Low Blood Sugar

If your blood sugar drops **below 70** or your meter says **Lo** you may feel the following symptoms:

- shakiness
- rapid heart beat
- dizziness
- hunger
- sweating
- confusion

What to do?

- To feel better and avoid fainting eat 15 grams of carbohydrate.
- Lots of foods are carbs and all carbs will increase blood sugar. Below are some things that have 15 grams of carbohydrate.

1. **Dex4 glucose**
2. **4 glucose tablets**
3. **6 oz. Dole Pineapple Juice**
4. **½ Coca-Cola**
5. **1 slice of bread**
6. **8 Oreo cookies**
7. **4 peppermint candies**

- Check your blood sugar again in 15 minutes.
- If it is still below 100, then eat another 15 grams of carbohydrate.