

Hypoglycemia (Low Blood Glucose)

Hypoglycemia (low blood glucose) has three levels based on blood glucose (blood sugar) levels and how serious your symptoms are.



LEVEL 1

Your blood glucose is less than 70 mg/dL but over or at 54 mg/dL



LEVEL 2

Your blood glucose is less than 54 mg/dL



LEVEL 3

Your blood glucose has affected your ability to think or control your body so you need help to treat it.

What makes you at risk for severe hypoglycemia?

- You're taking certain medications, such as insulin, sulfonylurea, or meglitinide. (e.g., glyburide and glipizide)
- You've had low blood glucose in the past
- You don't feel symptoms or notice signs of low blood glucose
- You have advanced kidney disease
- You're an older adult
- You have memory problems

Symptoms of Hypoglycemia



Hunger



Sweating, chills, and clamminess



Feeling shaky, nervous, or anxious



Fast heartbeat



Feeling lightheaded or dizzy



Confusion



Loss of consciousness



Seizure



Coma

ASSESS AND PREVENT HYPOGLYCEMIA

- ✓ Keep your diabetes toolkit up to date with: glucose tablets or gel, juice, regular soda, candy, and glucagon.
- ✓ Check your blood glucose as directed, especially when you're active or meals and snacks may not happen at the usual time.
- ✓ Use a continuous glucose monitor if you're at high risk for low blood glucose or using insulin.
- ✓ Take your medications as directed, but don't take insulin if your blood glucose is low.
- ✓ Treat low blood glucose with the 15-15 Rule right away.
- ✓ Alcohol increases your risk for low blood glucose and can mask some symptoms, so be aware when drinking.
- ✓ Talk with your health care professional about your treatment plan if you:
 - Regularly have low blood glucose levels
 - Fear hypoglycemia is affecting your mental health

TREATING HYPOGLYCEMIA

- ✓ If you're at risk for severe hypoglycemia, you should have a prescription for glucagon. Glucagon is a treatment for severe hypoglycemia when you can't eat or drink, or if you're not conscious. If you don't have one, talk to your health care professional about whether you should. Tips for glucagon and its use:
 - **Pick glucagon that's simple and easy to use:** Ready-to-use glucagon in auto-injectors or nasal powder save time.
 - **Teach those around you:** Teach family, coworkers, or roommates where to find and how to use glucagon. They don't need a medical background to give it to you safely.



Don't hesitate to call 911. If someone is unconscious and glucagon is not available or someone does not know how to use it, call 911 immediately.