

# Low Blood Sugar



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

## How will I know if my blood sugar goes too low?

If your blood sugar goes too low, you will begin to feel:

- sweaty
- tired
- hungry, nauseated
- crabby
- nervous
- fast heart rate
- shaky
- headaches
- confused
- dizzy
- blurred vision or white spots

## What makes blood sugar go too low?

Low blood sugar might happen if you:

- took too much diabetes medicine
- did not eat enough food with carbohydrates or skipped a meal
- had more exercise than usual

## When is a blood sugar too low?

A blood sugar below 70 is too low. For some people, the number may be 80.

## What should I do if I have symptoms of low blood sugar?

**Step 1:** If possible, test your blood sugar. If it is below 70 take action.

**Step 2:** Try to stay calm. It is easy to feel panic and over treat a low blood sugar reaction by eating too much food. This can make your blood sugar go too high.

**Step 3:** Have ONE of the following:

- 1 tablespoon honey
- 1 tablespoon white sugar
- 8-10 lifesavers OR other small hard candies
- 5-6 large jelly beans
- 4 oz (1/2 cup) regular soda pop
- 4 oz. fruit juice
- 4 glucose tablets



**Step 4:** Rest for 15 min. and test your blood sugar. If your blood sugar is still less than 70, repeat Step 3.

**Finally:** If you missed a meal or snack or if one is due in the next hour, eat it now. If you are not due to eat a meal or snack, eat an extra “small” snack. Here are some ideas:

- A cup of milk OR a cup of yogurt
- Half a sandwich
- Piece of fruit or cup of berries

**IMPORTANT:** If you can't test your blood sugar take action anyway! However, these symptoms can be caused by other reasons, that is why it is important to check your blood sugar to see if a low blood sugar is the cause of your symptoms if possible.

It is important to tell your health care provider about your low blood sugar reactions, your medication may need to be adjusted.

## More Information

For more information or if you have questions, contact:

**Diabetes Educator:** \_\_\_\_\_

**Phone:** \_\_\_\_\_



### Diabetes Program

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

**[www.anthc.org/diabetes](http://www.anthc.org/diabetes)**  
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