HYPOGLYCEMIA
(Low Blood Glucose)

Causes: Too little food, too much insulin or diabetes medicine, or extra activity.

Onset: Sudden, may progress to insulin shock.

SYMPTOMS

- Shaking
- Fast Heartbeat
- Sweating
- Dizziness
- Anxious
- Hunger
- Impaired Vision
- Weakness Fatigue
- Headache
- Irritable

WHAT CAN YOU DO?

- Drink 1/2 glass of juice or regular soft drink, or 1 glass of milk, or eat some soft candies (not chocolate).
- Within 20 minutes after treatment TEST BLOOD GLUCOSE. If symptoms don’t stop, call your doctor.
- Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk).

Treatment may vary with different medications.

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