

# Hypoglycemia (Low Blood Glucose)

## Some Symptoms:

**Causes:** Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden.



SHAKY



FAST  
HEARTBEAT



SWEATING



DIZZY



ANXIOUS



HUNGRY



BLURRY VISION



WEAKNESS OR FATIGUE



HEADACHE



IRRITABLE

IF LOW BLOOD GLUCOSE IS LEFT UNTREATED, YOU MAY PASS OUT AND NEED MEDICAL HELP.

## What Can You Do?



**CHECK** your blood glucose, right away. If you can't check, treat anyway.



**TREAT** by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



**CHECK** your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com).

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Concept developed by Rhonda Rogers, RN, BSN, CDE