

HYPOGLYCEMIA SYMPTOMS



www.diabetes.org > Living with Diabetes > Treatment and Care > Blood Glucose Testing

Share:

Hypoglycemia (Low Blood Glucose)

Hypoglycemia is a condition characterized by abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dl. However, it is important to talk to your health care provider about your individual blood glucose targets, and what level is too low for you.

Hypoglycemia may also be referred to as an insulin reaction, or insulin shock.

Hypoglycemic symptoms are important clues that you have low blood glucose. Each person's reaction to hypoglycemia is different, so it's important that you learn your own signs and symptoms when your blood glucose is low.

The only sure way to know whether you are experiencing hypoglycemia is to check your blood glucose, if possible. If you are experiencing symptoms and you are unable to check your blood glucose for any reason, treat the hypoglycemia. **Severe hypoglycemia has the potential to cause accidents, injuries, coma, and death.**

Signs and Symptoms of Hypoglycemia (happen quickly):

1. Shakiness; Nervousness or anxiety
2. Sweating, chills and clamminess; Irritability or impatience; Confusion, including delirium;
3. Rapid/fast heartbeat; Lightheadedness or dizziness; Hunger and nausea; Sleepiness;
4. Blurred/impaired vision; Tingling or numbness in the lips or tongue; Headaches
5. Weakness or fatigue; Anger, stubbornness, or sadness; Lack of coordination;
6. Nightmares or crying out during sleep; Seizures; Unconsciousness

Treatment:

Consume 15-20 grams of glucose or simple carbohydrates

Recheck your blood glucose after 15 minutes

If hypoglycemia continues, repeat.

Once blood glucose returns to normal, eat a small snack if your next planned meal or snack is more than an hour or two away.

15 grams of simple carbohydrates commonly used; glucose tablets (follow package instructions) gel tube (follow package instructions); 2 tablespoons of raisins;

4 ounces (1/2 cup) of juice or regular soda (not diet); 1 tablespoon sugar, honey, or corn syrup;

8 ounces of nonfat or 1% milk; hard candies, jellybeans, or gumdrops

Talk to your doctor about how to handle this life threatening condition.

6-18-2018