

LOW BLOOD SUGAR CAN MAKE YOU FEEL:

Irritable

Nervous

Anxious

Weak or tired

Hungry

Confused

Dizzy

Shaky

Sweaty

Like your heart is beating too fast

Like your vision is blurry

Check your blood sugar immediately. You don't need to experience all of these symptoms for you to have low blood sugar. If you cannot check it immediately, go ahead and drink or eat something high in sugar.

If your monitor shows your blood sugar is low, **drink or eat something high in sugar.**

Examples of foods that are high in sugar:

1/2 cup of regular fruit juice (orange, grape, apple)

1/2 cup of regular soda pop (not diet)

5-6 hard candies

3 glucose tablets (This would be your first choice if you are on Precose or Glyset.)

Glucagon injection from your Glucagon kit.

Wait 15 minutes.

Check your blood sugar.

If it is still low, eat or drink something high in sugar again.

Wait 15 minutes, then check your blood sugar again.

If your blood sugar still DOES NOT RISE after this second attempt, CALL 911.

If your blood sugar returned to normal, **eat a meal or snack** with some protein and fiber in it. This helps to stabilize your blood sugar.