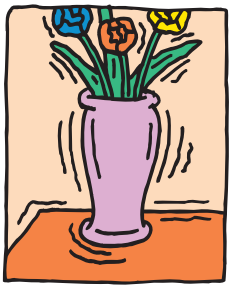
LOW BLOOD SUGAR
(Hypoglycemia)

A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

Common causes: Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

Warning signs include:

Shaky or dizzy

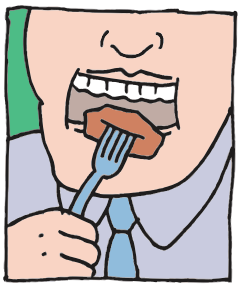


Blurry vision

Weak or tired

Sweaty

Headache



Hungry

Upset or nervous

What to do?

Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.

Treat by eating 3 packets or 1 tablespoon of regular sugar, 4 ounces of regular fruit juice, or 6 ounces of regular (not diet!) soda.

Check your blood sugar in 15 minutes. If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.

UW Medicine
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