



# Low Blood Sugar (Hypoglycemia)

**Low blood sugar can happen very quickly. It can cause a medical emergency if not treated right away and or you could possibly become unconscious.**

## **Symptoms:**

Shaky or dizziness  
Blurry vision  
Tired or weak  
Excessive sweating  
Headache  
Hunger  
Nervousness or upset

## **Preventative:**

Check your blood sugar right away, treat if needed or seek medical care  
Treat by eating 1tbsp of regular sugar, 4oz of fruit juice or 6oz of soda.  
Repeat your blood sugar in 15 minutes  
If your sugar has not improved, repeat the steps above  
If still no progress, seek medical attention

**\*If your blood sugars are lower than normal for 3 days in a row and you're unsure why, call your doctors off and make an appointment\***