



About Hypoglycemia

When you have diabetes, your blood sugar may go up and down from time to time. For most adults with diabetes, the target is:

- Between 80 and 130 mg/dL when you first wake up
- Less than 180 mg/dL 2 hours AFTER starting a meal

Low blood sugar, or hypoglycemia, is when your blood sugar level drops below 70 mg/dL. It's important to know what to do if this happens.

The American Diabetes Association recommends the Rule of 15.



Eat **15**–20 grams of fast-acting carbs, such as:

- 6–7 hard candies
- 2 tablespoons of raisins
- 1/2 cup of juice or (not diet) soda
- 3 glucose tablets



Wait **15** minutes and check your blood sugar again



If your blood sugar is still low, repeat the treatment



Once your blood sugar returns to normal, eat a small snack if your next meal is more than an hour away

If you find that your blood sugar levels are often low, talk with your doctor.

Things That Make Your Blood Sugar Go Up Too High



- Skipping Diabetes Medications
- Food
- Illness
- Stress

Things That Make Your Blood Sugar Go Down Too Low



- Alcohol
- Skipping Meals
- Exercise

About Hypoglycemia (continued)

What you may be feeling

You and your doctor can discuss what to do if you experience any of these:



Hunger



Fatigue



Dizziness



Weakness



Nervousness



Shakiness



Sleepiness



Sweating



Anxiety



Confusion



Nightmares

Sometimes you may not feel any symptoms



When you are experiencing hypoglycemia, you may not feel any of these symptoms. That's why it's important to check your blood sugar as directed by your doctor.

Quick Recap

- You are experiencing hypoglycemia when your blood sugar is too low (below 70 mg/dL)
- Working with your doctor will help you learn when to self-check and record your levels to make sure they are at 70 mg/dL or above
- If your blood sugar falls below 70 mg/dL, follow the **Rule of 15**
- Talk to your doctor about low blood sugar.

Learn more at [TeamUpforDiabetes.com](https://www.teamupfordiabetes.com)