

## REASONS WHY YOUR BLOOD SUGAR MAY DROP

There are several reasons why this can happen such as:

- Eating less than planned.
- Eating later than normal or skipping meals.
- Taking too much insulin or not taking your medications at regular scheduled times.
- Exercising longer, or harder, than usual.
- Consuming alcohol within the past 24 hours.



## WHEN TO SEE A DOCTOR

### Seek medical help immediately if:

- You have what might be hypoglycemia symptoms and you don't have diabetes.
- You have diabetes and hypoglycemia isn't responding to treatment, such as drinking juice or regular (not diet) soft drinks, eating candy, or taking glucose tablets.

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# Hypoglycemia (low blood sugar)

## HYPOGLYCEMIA

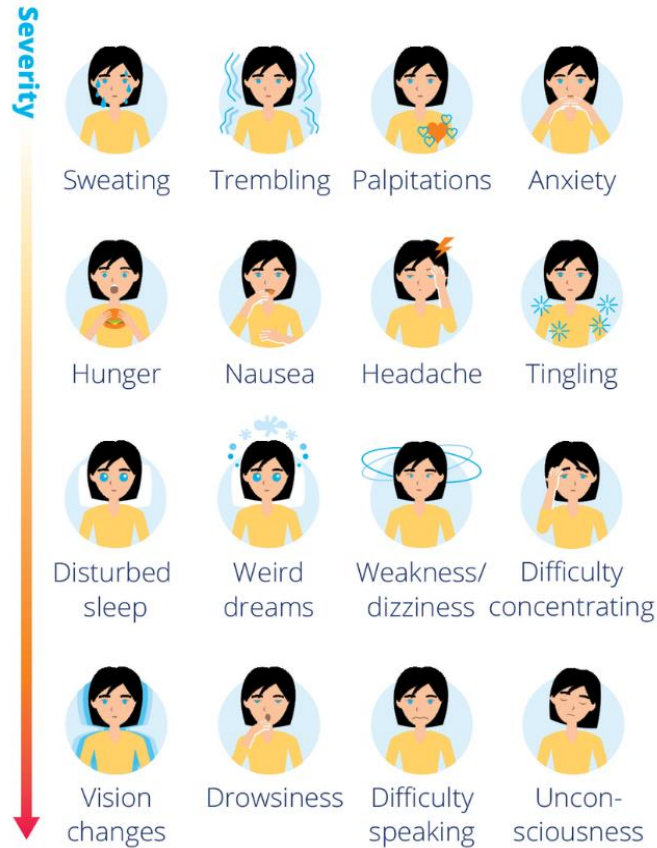
Low blood sugar, or hypoglycemia, is when your blood glucose level drops below the target range (usually less than 4.0 mmol/L). This can be dangerous and needs action.

Hypoglycemia needs immediate treatment. A blood sugar reading of less than 4.0 mmol/L should serve as an alert for hypoglycemia, but numbers can vary. Ask your health care provider.

Treatment involves quickly getting your blood sugar back to within the standard range either with a high-sugar food or drink or with medication.



## SIGNS OF HYPOGLYCEMIA



### Severe hypoglycemia may cause:

- Unresponsiveness (loss of consciousness)
- Seizures

## HOW TO TREAT HYPOGLYCEMIA

