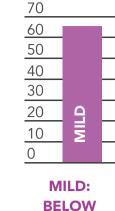
KNOW THE SIGNS AND SYMPTOMS OF HYPOGLYCEMIA 70



70 MG/DL Hunger

Nervousness Shaking Sweating Cold clammy skin Headache Pounding heartbeat

55 MG/DL Dizziness Sleepiness Weakness

BELOW

Irritability Trouble speaking Confusion

KNOW HOW TO LOWER

> **BELOW** 40 MG/DL Seizures

Convulsions Loss of consciousness Coma

YOUR RISK FOR SEVERE HYPOGLYCEMIA Know your blood glucose (sugar) target.



Take action right away when you first have symptoms



or when a check shows a low blood glucose (sugar) level. Talk to vour provider about your diabetes management plan.



Take your medicines exactly as directed. Follow your management plan closely.

Check your blood glucose regularly.



Watch how much alcohol you drink.



Follow your meal plan and time your meals as directed.



Tell your provider if you notice that you usually have NO symptoms when your blood glucose levels are less than 70 mg/dL.

Tell your provider if you experience hypoglycemia often.

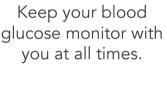


Monitor your blood glucose (sugar) closely during and after exercise.

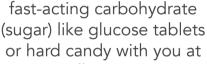
Carry some type of

KNOW HOW TO BE PREPARED

FOR HYPOGLYCEMIA







all times.



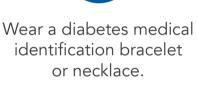
Check your blood

glucose (sugar)

before driving any

vehicle or operating

machinery.



Check your Stay grams of fast-acting carbohyblood calm. drate (4 glucose tablets, alucose level. 5-6 pieces of hard candy,

KNOW HOW TO TAKE ACTION

GLUCOSE LEVEL AGAIN.

WAIT 15 MINUTES, THEN CHECK YOUR BLOOD Once your IF YOUR BLOOD GLUCOSE IS blood glucose reaches 70 mg/

> dL or higher, eat a meal or snack.

If your blood glucose is less than 70 mg/dL, eat 15

6 oz. of regular soda).

STILL LOW,

continue to treat and call 911.

Have the Offer the person some Stay person check type of fast-acting sugar calm. their blood (4 glucose tablets, 5-6 pieces of

OR CAREGIVER AND NOTICE SIGNS OF HYPOGLYCEMIA

KNOW HOW TO TAKE ACTION

IF YOU ARE A FAMILY MEMBER, FRIEND,

HAVE THE PERSON CHECK THEIR BLOOD **GLUCOSE LEVEL AGAIN AFTER 15 MINUTES.**

IF IT IS ABOVE 70 MG/DL, have the person eat a snack or meal.

glucose level.



MG/DL,

continue to treat as outlined above and call 911.

hard candy, 6 oz. of regular soda).

Be alert for confusion or disorientation. This may mean that the blood glucose level is dropping to a severe level.

KNOW HOW TO TAKE ACTION IF YOU ARE A FAMILY MEMBER, FRIEND, OR



Give the person a

nasal spray or injection of glucagon.

Patients Have Questions. We Have Answers.

Editors: Leonor Corsino, MD, MHS; Deena Adimoolam, MD



Watch for

improvement within

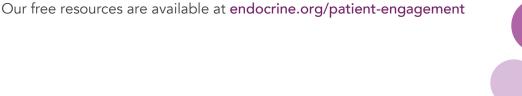
5 to 15 minutes.



Have the person eat some carbohydrates as soon as they are able.

you don't know how to use it, or the person doesn't awaken fully after giving glucagon.





The Endocrine Society is your trusted source for endocrine patient education.



