

Treating Low Blood Sugar (Hypoglycemia)



Step-by-Step:

1



Symptoms include: nervousness, dizziness, shakiness, headache, sweating, rapid heartbeat, confusion, nausea, and hunger.

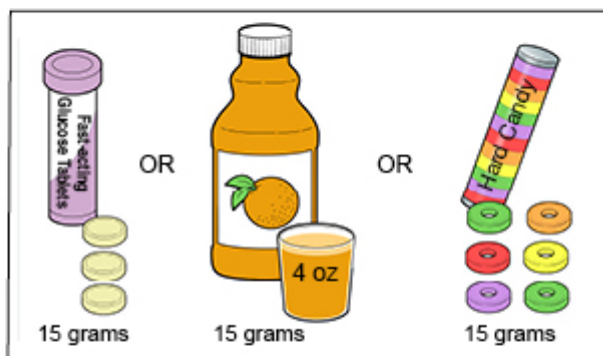
If you feel symptoms, check your blood sugar.

If your blood sugar is below 70 mg/dL, follow these steps to raise it.

2



Eat or drink 15 grams of fast-acting sugar.



3



Wait 15 minutes.

4



Check your blood sugar again.
If needed, repeat steps 2 and 3.

5



If your blood sugar is back to normal (above 70 mg/dL), eat a snack or meal.

If your blood sugar is still too low, call your healthcare provider.

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