

Low blood sugar (Hypoglycemia)

Cornerstones4Care™

Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates, or skip or delay a meal
- Take too much insulin or diabetes pills (Ask your diabetes care team if this applies to you)
- Are more active than usual

Signs and Symptoms

Here's what may happen when your blood sugar is low:



Shaky



Fast heartbeat



Sweaty



Dizzy or shaky



Anxious



Hungry



Blurry vision



Weak or tired



Headache



Nervous or upset

If low blood sugar is not treated, it can become severe and cause you to pass out. If low blood sugar is a problem for you, talk to your doctor or diabetes care team.