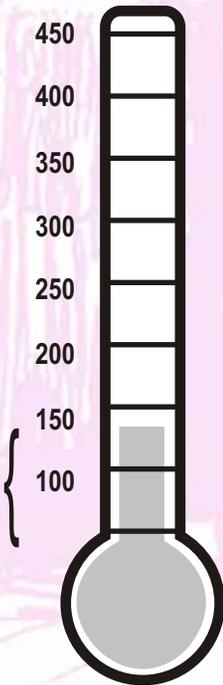


How can I keep from getting low blood sugar?

- eat 3 meals each day
- do not skip meals
- take the right amount of insulin
- before and during exercise, you may need extra food
- if you drink alcohol, eat

Keep your blood sugar between 70 and 140



Do you have questions?

- Tribal diabetes program
- Local hospital or clinic

A person who has diabetes can stay strong and healthy!!



WHITERIVER
HOSPITAL



November 2005

(Diabetes) DM-C,DP,HM,L

Low Blood Sugar

What to do
What to know

What is low blood sugar?

When your blood sugar is less than 70, it is too low. Most people feel bad when it happens. Some people feel okay.

How does it feel?



Shaky



Sweaty



Tired



Headache



Crabby



Lightheaded



Blurry Vision



Weak



Confused

Remind friends and family to call 911 if they find you passed out



What can I do?

- Check your blood sugar

First drink:

- If it is less than 70, have a sweet drink
- If you don't feel better in 15 minutes, check your sugar again. If it is less than 80, have another sweet drink.
- If you don't feel better in 15 more minutes, check your sugar again. If it is still less than 80, call 911.

Then eat within the next hour:

- Have a meal, or
- If it will be more than 1 hour before your next meal, eat:

6 crackers
or a
piece of bread



AND

a slice of cheese
or
some
peanut butter
or
a slice of meat



Sweet drinks for low blood sugar



Orange Juice
½ Cup



Apple Juice
½ Cup



1 Tablespoon
Sugar in water



1 Tablespoon
Corn syrup in water

What can make low blood sugar happen?

- not eating
- late or skipped meals
- extra work or exercise
- taking too much insulin by mistake
- drinking alcohol without eating

