

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



Hypoglycemia/Low Blood Sugar Handout

Hypoglycemia/Low Blood Sugar: Occurs when your blood sugars level is too low. Any blood sugar that is <4 mmol/L is considered to be a low blood sugar.

SYMPTOMS OF HYPOGLYCEMIA



SWEATING



PALLOR



IRRITABILITY



HUNGER



LACK OF COORDINATION



SLEEPINESS

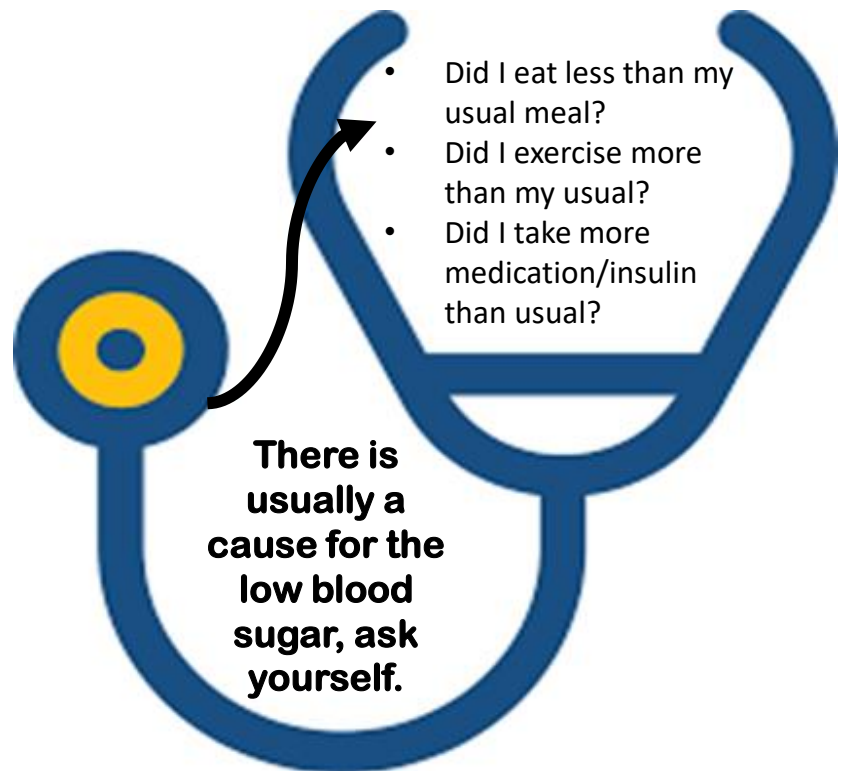
How to Treat a Low Blood Sugar: *You can treat a low blood sugar by eating/drinking a quick/fast sugar, such as:*

- 4 ounces (1/2 cup) of regular fruit juice
- 4 ounces (1/2 cup) of regular pop (NOT DIET)
- 3-4 glucose tablets (Example: DEXA)
- 5-6 hard candies that you can chew quickly (Example: Lifesaver's)



IMPORTANT NOTE: After treating your low blood sugar,

- Please recheck your blood sugar 15 minutes after treating it
- If your blood sugar is > 4 mmol/L and your mealtime is **within 1 hour**, then eat your meal
- If your blood sugar is > 4 mmol/L and the next meal is **longer than 1 hour away**, then have a snack
- If your blood sugar is < 4 mmol/L, repeat the low blood sugar treatment.
- Do not overeat as it will cause your blood sugars to go up



Please Note: DO NOT drive immediately after treating your low blood sugar. Wait for at least 40 minutes and start driving only after your blood sugar is >5 mmol/L.

If your low blood sugar is not treated appropriately, you may lose consciousness! If you have consistent low blood sugars, talk to your doctor or your diabetes care team!

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Breakfast and Bedtime Snack Ideas for People with Diabetes

- ✓ Oatmeal (Steel Cut or Large Flakes)
- ✓ Unsweetened/Cold Whole Grain Cereal or Bran Cereal with Soymilk, Almond Milk or Low-fat/Skim Milk (<1.5 % Milk Fat & Unsweetened)
- ✓ Cottage Cheese (¼ cup) and 1 slice of Whole Grain Toast (e.g., rye) or quinoa
- ✓ Eggs/Omelet with lots of Vegetables and 1 Slice of Toast
- ✓ Yogurt
- ✓ Roti (Whole Grain Flour) with Dhal or Whole Lentils
- ✓ Chickpeas Flour Pancakes with Mint and Yogurt Chutney
- ✓ Peanut Butter or Seed Butter (2 tbsp) with 1 slice of Toast

Breakfast Ideas



Bedtime/Snack Ideas



- ✓ A Handful of Nuts (1/4 Cup)
- ✓ A Hard-Boiled Egg
- ✓ Low Fat Cheese with Whole Wheat Crackers
- ✓ Baby Carrots, Cherry Tomatoes or Cucumber Slices with 2 tbsp of dip
- ✓ Celery Sticks with Hummus
- ✓ Air Popped Popcorn
- ✓ Roasted Chickpeas/Roasted Edamame
- ✓ Sliced Apples with Peanut Butter
- ✓ Sugar-free Greek Yogurt
- ✓ Slice of Toast with Peanut Butter
- ✓ Sugar-free Pudding
- ✓ Chickpeas with Cucumber, Onion and Tomato