



Pharmaceutically
The worldwide leader
in diabetes care



HYPOGLYCEMIA

(Low Blood Sugar)

CAUSES: Too little food, too much insulin or diabetes medicine, or extra exercise.

ONSET: Sudden, may progress to insulin shock.

BLOOD SUGAR: Below 70 mg/dL.
Normal range: 70-115 mg/dL.

SYMPTOMS



SHAKING



FAST HEARTBEAT



SWEATING



ANXIOUS



DIZZINESS



HUNGER



IMPAIRED VISION



WEAKNESS,
FATIGUE



HEADACHE



IRRITABLE

WHAT
CAN
YOU
DO?



Drink a cup of orange juice or milk, or eat several hard candies.



TEST BLOOD SUGAR
If symptoms don't stop,
call your doctor.



Within 30 minutes after symptoms go away, eat a snack of peanut butter or meat sandwich and a glass of milk.