Low blood sugar is also called hypoglycemia, insulin shock and insulin reaction. It means that there is not enough blood sugar called glucose in the body. Glucose is the major fuel needed to feed the body’s cells. During pregnancy, a normal glucose level is between 60 and 120. Low blood sugar means the glucose is below 60.

Low blood sugar risk
Low blood sugar is more likely to occur when you:

- Take too much insulin or oral diabetes medicine.
- Skip, miss or delay meals.
- Do too much exercise or unplanned exercise.

There may also be times when you do not know why your blood sugar is low.

Signs of low blood sugar
Low blood sugar affects each person differently. Some people have warning signs while other people have none. It is more common in people who have had diabetes for many years to not have warning signs. Learn how you feel when your blood sugar is too low.

Sometimes low blood sugar develops slowly while other times it happens within minutes. Signs may be noticed by others before you notice them. Talk to your family and friends about your signs of low blood sugar, which may include:

- Feeling shaky.
- Feeling dizzy or light-headed.
- A fast heartbeat.
- Feeling moody or grumpy.
- Feeling weak or tired.
- Numbness around mouth or lips.
- Being unable to speak.
- Feeling hungry.
- Feeling nervous.
- A headache.
- Blurred vision.
- Not thinking clearly.
- Sweating.
Treatment for low blood sugar

Short term actions to take:

- **If your blood sugar is 50 to 60, eat or drink 15 mg or 1 serving of carbohydrate**, such as:
  - 1 cup of milk
  - 4 peanut butter or cheese crackers
  - ½ meat and cheese sandwich
  - 1 tablespoon of sugar
  - ½ cup of juice or soda
  - 3 squares of graham crackers
  - Chew 3 glucose tablets
  - 2 teaspoons of honey or syrup
  - 5 to 6 mini jelly beans
  - 2 to 3 gumdrop candies or regular size jelly beans

  Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list above. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.

- **If your blood sugar is 40 to 50, eat or drink 30 mg or 2 servings of carbohydrate** from the list above. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.

- **If your blood sugar is below 40, act quickly for blood sugar control. Use instant glucose gel from the pharmacy.** Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink a serving of food or drink from the list above. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.

- **If you check your blood sugar and it is 60 or more and you are still not feeling better, call 911.** It may not be a problem with your blood sugar and you may need more help.

- **Be careful not to over treat.** If you panic and start to eat or drink until you feel better, your blood sugar may go too high.

- **Call your doctor or nurse if you have low blood sugar more than 2 times in a week.**

Long term actions to take:

- **Follow your treatment plan.** Review your blood sugar record, diabetes medicines, meal plans and activity of the last few days. Look for any changes that might explain low blood sugar.
  - Check your blood sugar level as directed (4 to 8 times a day) and record the results in your blood sugar record.
  - Take your insulin and oral diabetes medicines as directed. Do not take extra medicine unless directed to do so by your doctor.
  - Follow your meal plan. Eat meals and snacks at the same time each day. Do not miss, skip or delay meals.
  - Exercise as directed.
• Always keep your glucose meter and food, like crackers, gels or juice, with you at all times at work, in your car and when you exercise.
• Call your doctor or nurse if you have low blood sugar more than 2 times in a week or wide swings from high to low blood sugar.

**Family and friends**
Your spouse, family members, roommates, friends and coworkers should know that you have diabetes. It is up to you to decide who you tell and how much you tell them about diabetes. They should know that you can have low blood sugar and what they can do when it happens.

**Glucagon injection**
If you have Type 1 diabetes, a family member, spouse or roommate also should learn how to give a shot of glucagon. Glucagon is a hormone that raises your blood sugar. It is used for severe low blood sugar when you might be found unconscious. Liquids and food should never be given to someone who is not alert or awake. A nurse will teach your spouse, family member or friend how to give glucagon.