

SIGNS OF LOW BLOOD GLUCOSE (HYPOGLYCEMIA)

Know the signs of low blood glucose especially if you take certain diabetes pills or insulin



MOOD CHANGES



TREMBLING



PALENESS



SWEATING



DIZZINESS



BLURRED VISION



HEADACHE



VERY TIRED



HUNGER



Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

STEPS TO TREAT LOW BLOOD GLUCOSE

When you feel signs of low blood glucose, make yourself safe:
sit down or pull over if you are driving.

Hypoglycemia is when your blood glucose level is lower than 3.7 mmol/L

1



Test your blood glucose:
If lower than 3.7 mmol/L or unable
to check, treat yourself with fast sugars

Blood glucose over 5 mmol/L?
Go to next page (What to do after)



Still low?
Treat again

3

**Check your blood glucose
in 10-15 minutes**



2

Treat with one of the followings:



3 packages



3 teaspoons



1/2 can of
regular pop



1/2 glass



4 tablets

Do not treat low blood glucose with these foods
because they are rich in fat and will not bring
your blood glucose up fast enough



