

Low blood glucose (HYPOGLYCEMIA)

Low blood glucose (blood sugar) happens when the glucose in your blood falls below a healthy range. Here's what may happen when your blood glucose is low:



Shaky



Confusion and difficulty speaking



Dizzy



Sweaty



Nervous or upset



Weak or tired



Hungry



Headache

If you think you have hypoglycemia:

- Check your blood glucose right away, if you can
- Eat or drink **15 grams** of carbohydrates
- Wait **15 minutes** and check your blood glucose again
- If your blood glucose is still below a healthy range, repeat these steps



Don't forget!

Check your blood glucose regularly

Call your doctor if you don't know why your blood glucose is low

Learn more about hypoglycemia at [Cornerstones4Care.com](https://www.cornerstones4care.com)