

# Hypoglycemia



Sweating



Mood swings



Hunger



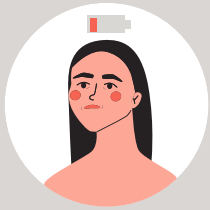
Dizziness



Tachycardia



Pallor



Fatigue



Trembling



Headache



Blurred vision

Hypoglycemia occurs when your blood sugar level drops too low to provide enough energy for your body's activities. This also is called low blood sugar or low blood glucose. A normal blood sugar range varies with each person. The normal range is about 65 to 99 mg/dL. In most cases, patients with levels below 70 mg/dL are treated for low blood sugar. Please talk with your doctor about the blood sugar range that is best for you.

## Causes of Hypoglycemia

People taking blood-glucose-lowering medicines can have blood sugars fall too low for a number of reasons, including:

- Meals or snacks that are too small, delayed or skipped.
- Excessive doses of blood-glucose-lowering medicines.
- Increased activity or exercise.
- Excessive alcohol intake.

## Treatment

If you think your blood sugar is too low, use a blood glucose meter to check your level. If it is 70mg/dL or below, take 15 grams of a fast-acting carbohydrate. Wait 15 minutes, and check your blood sugar again. You can remember this as the 15:15 rule. Repeat the treatment until your blood sugar is within normal range. If you do not have your meter with you and are feeling symptoms of low blood sugar, treat with a fast-acting sugar that will help raise your blood sugar quickly, such as:

- 3 to 4 glucose tablets.
- 4 ounces of any fruit juice or regular soda.
- 8 ounces of skim milk.
- Hard candy (6 to 7 Lifesavers® or 7 jelly beans).



**TRANSPLANT ALLIANCE**

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