



Hephzibah Health Solutions, LLC

Hypoglycemia Patient Information

What are the signs of Hypoglycemia?

Shaking or trembling
Sweating
Weakness, Confusion
Hunger
Irritability
Rapid Heart Rate

What Should I do?

Check your blood sugar immediately.

If your sugar is less than 80	If your sugar is less than 50
Take 15 grams of carbohydrates. Wait 15 minutes. Check your blood sugar again. Repeat if sugar is still low.	Take 30 grams of carbohydrates. Wait 15 minutes. Check your blood sugar again. Repeat if sugar is still low.

15 grams of carbohydrates	30 grams of carbohydrates
Drink ½ Cup (4 oz) of juice Drink ½ Cup (4 oz) of regular soda Drink 1 Cup (8 oz) of milk Take 4 glucose tablets with glass of water Take 1 tube of glucose gel	Drink 1 Cup (8 oz) of juice Drink 1 Cup (8 oz) of regular soda Drink 2 Cups (16 oz) of milk Take 8 glucose tablets with glass of water Take 2 tubes of glucose gel

After treating the low blood sugar, if more than 1 hour before next meal you need a snack (carbohydrate + Protein = Crackers + Peanut butter)

Information Credit: Sharon Huffstetter & Matthew Warren, Pharm.D.