

# Treatment of Hypoglycemia

THE DIABETES CENTER

**HYPOGLYCEMIA:** blood sugars less than 70 mg/dl

## Signs of Hypoglycemia

**mild hypoglycemia:** Sweating, trembling, difficulty concentrating, lightheadedness and lack of coordination

**severe hypoglycemia:** Inability to self-treat due to mental confusion, requiring the assistance of others, can lead to loss of consciousness

## Treatment for Hypoglycemia

Test blood sugar levels when first symptoms occur

### *If blood sugar is 50-69mg/dl:*

Eat or drink 15 gm of carbohydrate such as:

- 3 to 4 glucose tabs
- 6 oz regular soda
- 4 oz fruit juice
- 1 cup of low fat milk
- 8 to 10 lifesavers
- 1 tube of glucose gel

### *If blood sugar is less than 50mg/dl:*

Eat or drink 30 gm of carbohydrate, such as:

- 6 to 8 glucose tabs
- 12 oz of regular soda
- 8 oz of fruit juice
- 2 tubes of glucose gel

Retest blood sugar in 15 minutes and repeat treatment until blood sugar is 70mg/dl or above

## Hypoglycemia Tips

- Do not keep eating until symptoms disappear, wait 15 minutes
- Avoid using high-fat foods for treatment
- Always carry some type of carbohydrate treatment
- Always wear diabetes identification



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