

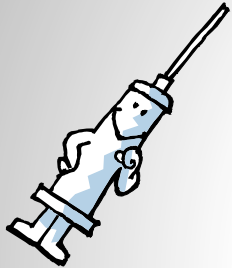
HYPoglycemia-LOW Blood Glucose

HYPOglycemia = **LOW** blood glucose



70 mg/dl or below

Possible causes of LOW blood glucose:



Too much insulin

Not enough food or delayed meal or snack



Extra physical activity



HYPoglycemia-LOW blood glucose



70 mg/dl or below

- Onset can be sudden-treat immediately
- If NOT treated:
 - May progress to unconsciousness or seizure
 - Can result in brain damage or death

Medical orders will specify signs and action to take

HYPoglycemia-LOW blood glucose



70 mg/dl or below

Common Symptoms:



Shaky



Weak



Sweaty



Dizzy



Tingling

HYPoglycemia-LOW blood sugar



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Other Symptoms:

**Hunger
Anxiety
Paleness
Blurry Vision
Irritable
Behavior Changes
Crying
Confusion
Dazed Appearance
Seizures
Unconsciousness/coma**

HYPoglycemia-LOW blood sugar



70 mg/dl or below



Treatment:

- If blood glucose is below 70 mg/dL follow the “Rule of 15”
- If unable to test, but feel or show symptoms that the blood glucose is low, treat with the “Rule of 15”

HYPOglycemia-LOW blood sugar

“Rule of 15”

- Eat **15** grams of carbohydrate

Example: 3 – 4 glucose tabs, 15 grams glucose gel, ½ cup (4 oz.) juice or regular soft drink, 3-4 packets of table sugar, pkg. fun size Skittles

- Wait **15** minutes
- Retest blood glucose
- If blood glucose is still below 70, repeat Rule of 15

*Once blood glucose back to normal,
follow with meal or snack if mealtime is
not scheduled soon after the event.*



HYPOglycemia-LOW blood sugar



70 mg/dl or below

Risks and Complications of HYPOglycemia:

- Greatest immediate concern for students with diabetes
- Not always preventable
- Early recognition and intervention can prevent an emergency
- Impairs cognitive and motor functioning, including appropriate decision making

GO TO THE AMERICAN DIABETES
ASSOCIATION SAFE AT SCHOOLS
VIDEO

CHAPTER 3 – HYPOGLYCEMIA

at :

[http://www.youtube.com/watch?v=
dH9Y_rby-
jQ&index=4&list=PL3DE9DDE8EB2A
2E56](http://www.youtube.com/watch?v=dH9Y_rby-jQ&index=4&list=PL3DE9DDE8EB2A2E56)