

Low blood sugar

When blood sugar level is **3.9 or less**, you may feel :



SHAKING



FAST HEARTBEAT



SWEATING



ANXIETY



HUNGER



WEAKNESS



CONFUSION



BLURRED VISION



HEADACHE



DIZZINESS

If you think you have low blood sugar



1

Use your meter to confirm it is 3.9 or less



2

Treat with 1 of the following :

- 3/4 cup (6 fl. oz.) of fruit juice or regular soda
- 1 Tablespoon maple syrup or honey
- 3 sugar packages (or 3 teaspoons) in water
- 15 g of glucose in tablets (ex.: 4 Dex4® tabs)



3

Wait 15 minutes



4

Use your meter to confirm it is back to 4 –7

If not, repeat steps 2-3-4



5

Eat a healthy meal or a snack :

- 1 apple or 4-6 crackers and cheese
- 1 slice of bread and peanut butter

If your meter shows 4 and over and you feel unwell, skip steps 2-3-4 and go to step 5

Avoid high fat food such as chocolate, chips or ice cream to treat low blood sugar.

It will take longer to resolve.