

Hypoglycemia

may be caused by some medications for type 2 diabetes

Who is at risk for hypoglycemia?

Anyone with type 2 diabetes taking insulin or oral medications such as insulin secretagogues is at risk for hypoglycemia.

What is hypoglycemia?

Hypoglycemia happens when your blood sugar falls too low. Hypoglycemia is a blood sugar level of less than 4 mmol/L.

What are some of the symptoms of hypoglycemia?

Symptoms may differ based on the level of your blood glucose.

If hypoglycemia is severe (blood glucose less than 2.8 mmol/L) the person might require the assistance of another person. Unconsciousness can also occur.

Blood sugar value

6 mmol/L

5 mmol/L

4 mmol/L

3 mmol/L

2 mmol/L

1 mmol/L

Shaking



Sweating



Anxiety



Hunger



Nausea



Difficulty concentrating



Confusion



Weakness



Drowsiness



Blurred vision



Headache



Dizziness



Unconsciousness



Have you experienced
any of the following symptoms of hypoglycemia?

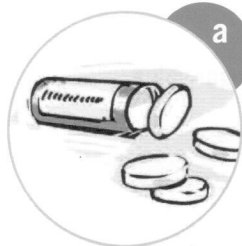
- | | | |
|--------------------------------|--|---------------------------------------|
| <input type="radio"/> Shaking | <input type="radio"/> Difficulty concentrating | <input type="radio"/> Blurred vision |
| <input type="radio"/> Sweating | <input type="radio"/> Confusion | <input type="radio"/> Headache |
| <input type="radio"/> Anxiety | <input type="radio"/> Weakness | <input type="radio"/> Dizziness |
| <input type="radio"/> Hunger | <input type="radio"/> Drowsiness | <input type="radio"/> Unconsciousness |
| <input type="radio"/> Nausea | | |

Please be sure to speak with your Health Care Professional as soon as possible if you experience any of these symptoms.

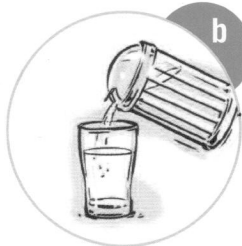
Please see the reverse side for tips on managing hypoglycemia.

Treatment tips if you are experiencing hypoglycemia

1. Test your blood sugar.
2. If your blood sugar is less than 4 mmol/L, eat or drink 15 grams of carbohydrates such as:



15 g of glucose in the form of glucose tablets



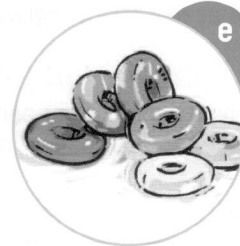
3 teaspoons
(1 tablespoon, 15 mL)
or 3 packets of table
sugar (15 mL)
dissolved in water



3/4 cup (175 mL)
of juice or regular
soft drink

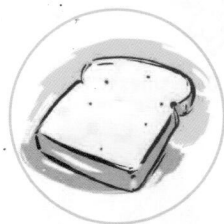


1 tablespoon (15 mL)
of honey



6 LifeSavers®
(2.5 grams of
carbohydrate each)

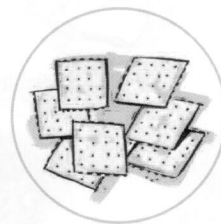
3. Wait 15 minutes.
4. Retest your blood sugar and if it is still less than 4 mmol/L, consume another 15 grams of carbohydrates.
5. Once this episode of hypoglycemia has passed, eat your next meal at its regular time. If that meal is more than 1 hour away, eat a snack that contains 15 grams of carbohydrates, such as **one** of the following:



1 slice
of bread

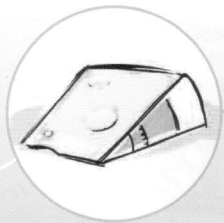


1/2 cup [125 mL]
of cereal

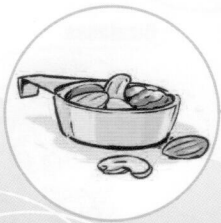


7 crackers

and protein such as **one** of the following:



1 piece
of cheese



1/4 cup [60 mL]
of nuts



2 tablespoons
[30 mL] of
peanut butter

LifeSavers® is a registered trademark of Wrigley Canada.

When experiencing symptoms of hypoglycemia take note of...

The approach you take to manage your symptoms	Your blood sugar levels and body weight		
	Date	Blood sugar	Weight
	/ /		
	/ /		
	/ /		
	/ /		

Please bring the above when you speak to your Health Care Professional about how you can manage your hypoglycemia.



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