

Managing Sudden Low Blood Sugar

1. Recognize Early Warning Signs

- Sweating, nausea, dizziness
- Confusion or poor coordination
- Feeling shaky or sudden hunger

Your body gives you clues that your blood sugar is dropping. At first, you might feel sweaty or nauseated, dizzy or lightheaded, or even confused. You may also notice sudden shakiness or intense hunger—these are urgent signals that you need to act right away.

2. Immediate Action

- Stop what you're doing and check blood sugar (if possible)
- Treat with ~15 g fast carb: glucose tabs, sugary drink, nasal glucagon, or injectable pen
- Wait 15 minutes, then re-test before moving on
- If you can't sit safely, lie down immediately to prevent injury

As soon as you notice warning signs, stop what you're doing and, if you can, check your blood sugar. If it's low, treat with about 15 g of a fast-acting carbohydrate—such as a glucose tab or sugary drink. If you can't safely swallow or need a quicker boost, use your nasal or injectable glucagon device right away.

3. Follow-Up

- After sugar is back up, eat a small protein-rich snack (e.g., cheese & crackers)
- Log each episode: date, time, symptoms, treatment, blood sugar result
- Note any patterns: time of day, meal timing, activity level

Once your blood sugar is back in a safe range, eat a small protein-rich snack—like cheese and crackers—to help keep it steady. Keep a simple log of each low-sugar episode, noting the date, time, how you felt, what you used to treat it, and the result. Reviewing this log over time can help you spot patterns and adjust your meals or activity to prevent future lows.

4. Prevent & Prepare

- Carry medical ID (bracelet/card) showing your hypoglycemia risk
- Teach a trusted friend or family member how to administer glucagon
- Seek medical help if you don't improve after two treatments or if you lose consciousness

Always carry a medical ID (bracelet or card) that explains your risk for low blood sugar. Make sure a trusted friend or family member knows how to give you glucagon if you pass out. If you don't feel better after two treatments or if you pass out, get medical help right away.