

Low Blood Sugar (Hypoglycemia)

What is low blood sugar (hypoglycemia)?

Low blood sugar is when the sugar in your blood is **less than 3.3** during pregnancy.

What causes a low blood sugar?

Low blood sugars may be caused by:




- Not eating on time
- Eating less than you should have
- More physical activity than is normal for you
- Taking too much insulin

What are the signs of low blood sugar?

- Shaking
- Confusion
- Sweaty/ cold / clammy
- Hunger
- Dizziness / Blurred eyesight
- Headache
- Tingling around the mouth
- Irritability

TREATMENT of low blood sugar:

1. **Test blood sugar.** If blood sugar **less than 3.3** or you have symptoms.
2. **Take 15g fast acting carbohydrate.** Pick **one** of these choices:

 <p>*Preferred Choice</p> <p>15 g of Glucose Tablets (check label, 3-5 tabs)</p>	 <p>3 teaspoons (15 ml) <u>or</u> 3 packets of sugar</p>	 <p>$\frac{3}{4}$ cup (175 mL) of juice <u>or</u> regular pop</p>
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3. **Wait 15 minutes,** then **retest** your blood sugar:
 - **Blood sugar less than 3.3,** repeat treatment
 4. **Eat when blood sugar 3.3 or more**
 - If your meal or snack is due in 1 hour, eat your meal or snack.
 - If more than an hour until your next meal or snack, eat 15g of carbohydrate plus one protein (for example, bread with peanut butter).
- ▶ After having a low blood sugar, wait 45-60 minutes before driving.
Do not drive with symptoms of low sugar.