

# Hypoglycemia

Signs and symptoms of hypoglycemia:

- Cold, clammy, or sweaty skin
- Pallor
- Difficulty concentrating
- Shakiness
- Irritability, hostility, poor behavior
- Fatigue
- Excessive hunger
- Headache
- Blurred vision and dizziness
- Abdominal pain or nausea
- Fainting and unconsciousness

Hypoglycemia can be caused by:

- Exercise
- Alcohol
- Meals
- Medications

If a patient has symptoms of hypoglycemia, have them check their blood glucose.

**If blood glucose is <70 mg/dL, ingest 15 grams of fast acting carbohydrate:**

- **4 ounces juice**
- 5 ounces soda
- Milk, honey, candy (skittles, sweet tarts, starburst, etc...)
- Avoid foods such as chocolate, nuts, jerky, pizza

**If blood glucose is <50 mg/dL, ingest 30 grams of fast acting carbohydrate:**

Wait 15 minutes and check blood glucose again; if still low, repeat ingestion of carbohydrates until in the normal range.