

## Hypoglycemia (Low blood sugar)

Here are some causes of low blood sugar:

- ▶ You took too much insulin or diabetes medication
- ▶ You skipped a meal after taking your medicine
- ▶ You are sick and cannot eat your usual meals and snacks

**The most common signs of mild hypoglycemia are:**

- |                                   |          |
|-----------------------------------|----------|
| irritability or crankiness        | feeling  |
| unusual behavior                  | ▶ sweaty |
| confusion                         | ▶ shaky  |
| headache                          | ▶ weak   |
| hunger                            | ▶ moody  |
| blurry vision or trouble focusing | ▶ drowsy |
| lack of coordination              | ▶ sleepy |
| crying for no reason              |          |
| bad dreams or nightmares          |          |
| restless sleep                    |          |

Did you ever have a low blood sugar? Yes or No

What are your signs of low blood sugar?

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How would you treat a low blood sugar?

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Check the best choices to treat a blood sugar of 50.

- Ice Cream    Juice box    Hamburger  
 Hard candy    Glucose tablets

**Hypoglycemia means low blood sugar. A blood sugar test less than 70 is low. In this study, you will be taking medications that might cause mild hypoglycemia.**

