

HYPOGLYCEMIA (LOW BLOOD SUGAR) SYMPTOMS FOR GDM



Low Blood Sugar

Blood Sugar:

- Below 70 mg/dl

Onset:

- Can be sudden

Causes:

- Too little food.
- Skipped a meal or snack.
- Too much diabetes medicine or insulin.
- Extra physical activity.

Prevent low blood sugar by:

- Spacing meals 4-5 hours apart.
- Taking medications or insulin as prescribed.

WHAT CAN YOU DO?



STEP 1: CHECK

Check your blood sugar.
If you are at 70 mg/dl or less, go to: Step 2



STEP 2: TREAT

Take 4 oz. of juice, regular soda, or eat 3-4 glucose tablets or 5-6 fruit candies. Follow to: Step 3



STEP 3: CHECK

Check Blood Sugar again in 15 minutes.
If sugar is below 70 mg/dl, repeat Step 2: TREAT.
If blood sugar is over 70 mg/dl, go to Step 4: EAT



STEP 4: EAT

Within 30 minutes, eat your regular scheduled meal if planned. If no meal is planned, eat 4-6 peanut butter crackers or protein bar.