

DIABETES

Low Blood Sugar



Hypoglycemia, or low blood sugar, is when the level of sugar in your blood is less than 70. Low blood sugar is usually caused by eating less or later than usual, being more active than usual, or taking too much diabetes medications. Drinking beer, wine or liquor may also cause low blood sugar. Your blood sugar level can get even worse if you do not treat it early.

Low blood sugar may make you feel nervous, shaky or sweaty. You can feel confused, pass out or have a seizure if your sugar continues to drop. If you have signs that your sugar is low, test it right away. If it is less than 70, you need to treat it right away. If you cannot test your blood sugar, but have symptoms of low blood sugar, go ahead and treat it. You should eat 10 to 15 grams of carbohydrates right away.

FOODS OR LIQUIDS TO TREAT LOW BLOOD SUGAR

Each item listed equals 10 to 15 grams of carbohydrates:

Sugar packets2 to 3 packets
Fruit juice1/2 cup = 4 ounces
Soda pop (not diet)1/2 cup = 4 ounces
Hard candy3 to 5 pieces
Sugar or honey3 teaspoons
Glucose tablets2 to 3 tablets

Check your blood sugar again in 15 minutes after eating or drinking. Eat another 10 to 15 grams of carbohydrates every 15 minutes until your blood sugar is above 70 or your symptoms have gone away. Eating one of the items on the list will only keep your blood sugar up for about 30 minutes. You should plan to eat a meal within 30 minutes of having a low blood sugar episode.

REMINDERS

- Always keep track of your blood sugar level in your logbook. Write down the numbers and the times when low levels occur.
- Call your health care provider to talk about changing your diet, activity or diabetes medicine if you have low blood sugar a lot.

HOW DO YOU PREVENT LOW BLOOD SUGAR?

Try to stay as close to your usual schedule of eating, activity and medicine as possible. If you are late getting a meal or more active than usual, you may need a snack. Be prepared. Always carry some type of carbohydrate with you so you will be ready at any time to treat low blood sugar. Take your logbook with you when you go to see your doctor.



FOR MORE INFORMATION about diabetes, call 1.800.414.6314 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711). La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas). ព័ត៌មាននេះមាននៅក្នុងភាសាផ្សេងៗទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដ៏កម្រៃមានលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711).

此通知里的信息有其它语言及格式, 请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).