



تجمع الرياض الصحي الثاني  
Riyadh Second Health Cluster



**Hypoglycemia**

## Low Blood Sugar or Hypoglycemia:

A condition where the level of blood sugar (glucose); the main source of energy for the body, drops to an abnormal level. It is often related to diabetes treatment.

- However, people without diabetes may suffer from this condition, which indicates the presence of another health problem.
- When the blood sugar level falls below 70 milligrams per deciliter (mg/dL), this is considered hypoglycemia and must be treated immediately.



## Symptoms of Hypoglycemia:

Hunger	Sweating	Feeling cold
Trembling.	Heart palpitations	Turning pale
Difficulty concentrating	Becoming moody	Frequent crying in children
Unconsciousness		

## Causes of Hypoglycemia:

- Not eating enough.

- Taking insulin and not eating.
- Taking too much insulin without consulting the physician.
- Exercising intensely without having pre-workout meal.

**If the patient feels symptoms of hypoglycemia (and he/she is semi-conscious):**

It is recommended to follow the 15-15 rule. This means to eat fast-absorbing foods such as juices and sugars that contain 15 grams of carbohydrates, then wait 15 minutes and check your blood sugar. If the minimum blood sugar level is (3.9 mmol / liter or 70 mg / dl), eat a snack.

These steps should be repeated until the blood sugar reaches the normal level, and then the patient may eat a snack.

**Some foods that contain about 15 grams of carbs:**

- ½ cup of apple or orange juice.
- A cup of milk.
- 4 glucose cubes.
- 2 teaspoons of sugar.
- 2 tablespoons of raisins.
- 3 teaspoons of honey.
- 2 teaspoons of jelly.

### **If the patient loses consciousness:**

He/she must be treated with a glucagon injection.

When the patient regains consciousness, he/she must be given a sweetened juice and a snack immediately, and his /her blood sugar level must be checked frequently with a blood glucose meter, then the physician must be informed of what happened.

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

**Health Education Administration**

Patient Education Department



HEM1.22.0001415

