Low Blood Sugar Symptoms

Irritability
Confusion
Headache
Dizziness
Personality change
Shakiness
Blurred or double vision
Hunger
Slurred speech
Weakness or fatigue
Cold, sweaty skin
Loss of consciousness

Blood Sugar Ranges to Know

<table>
<thead>
<tr>
<th>Name of Range</th>
<th>Blood Sugar Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Sugar or Hyperglycemia</td>
<td>Above 140 mg/dl</td>
</tr>
<tr>
<td>Normal Blood Sugar</td>
<td>70 -140 mg/dl</td>
</tr>
<tr>
<td>Low Blood Sugar or Hypoglycemia</td>
<td>Below 70 mg/dl</td>
</tr>
</tbody>
</table>
LOW BLOOD SUGAR REVIEW:

Important Points to Remember

☑️ If your client has symptoms of low blood sugar, use a glucometer to check his or her blood sugar.

☑️ If your client’s blood sugar is below 70 mg/dl or you aren’t able to check it with a glucometer, get your client a source of glucose (or sugar) immediately.

☑️ Follow your client’s individualized plan for low blood sugar as instructed by your delegating RN

OR

☑️ Follow The Rule of 15 if your client does not have an individualized plan:
  ✔️ Give the person 15 grams of glucose. There are 15 grams of glucose in:
    • 4-6 ounces of fruit juice or regular soda (not sugar-free soda).
    • 3-4 glucose tablets.
    • 5-7 lifesavers or hard candy.
  ✔️ Have the person rest and re-check blood sugar in 15 minutes.
  ✔️ Repeat the steps above as needed if the person’s blood sugar is still low or if the person is still having symptoms of low blood sugar.

☑️ After your client’s low blood sugar has been raised:
  ✔️ Observe your client for the return of low blood sugar symptoms.
  ✔️ Re-check your client’s blood sugar if symptoms return.
  ✔️ Have your client eat meals and snacks as planned to keep blood sugar up.

☑️ Call 911 immediately if your client is:
  ✔️ Non-responsive or unconscious.
  ✔️ Unable to swallow or use a source of glucose safely by mouth. For example, when:
    • His or her speech is very slurred.
    • He or she is sleepy or not alert enough to follow directions.
  Notify your delegating RN as soon as possible after your client has received emergency help.

☑️ Low blood sugar is a serious problem. The role you play in recognizing and responding to it is important.