

# **HYPOGLYCEMIA**

## **What is Hypoglycemia?**

Hypoglycemia is a condition in which blood glucose level abnormally goes down (Less than 70mg/dl).

## **SYMPTOMS**

### **Mild to Moderate**

- Sweating
- Feeling Hungry
- Shakiness
- Dizziness
- Headache
- Sudden Blurred Vision
- Confusion/Uncoordinated
- Irritable/Nervous
- Sudden Change in Behaviour /Personality
- Fast or Irregular Heart beat

### **Severe Cases**

- Unconsciousness
- Seizure/Convulsion

## **CAUSES**

- Too high dose of medicine (Insulin or Anti diabetic drug)
- Skipping or delaying a meal
- Too much physical activity
- Drinking too much alcohol without meal

## **MANAGEMENT**

- 15 grams / 3 tea spoon of glucose powder / sugar in 200 ml of water

OR

150 ml Frooti or Orange juice



Recheck blood glucose levels after 15 min of giving glucose, if blood glucose is still under 70 mg/dl, repeat the same procedure until blood glucose level is above 70 mg/dl



Once blood glucose level is above 70 mg/dl, give patient some snack like chapatti, bread or milk so that blood glucose will not drop down again.

## **IN CASES OF SEVERE HYPOGLYCEMIA (UNCONSCIOUS)**

Apply Honey or thick paste of glucose powder mix with slight water all over gums (mouth). Once patient is conscious, give water to drink and go to nearby emergency.

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