



**DIVISION OF AGRICULTURE
RESEARCH & EXTENSION**

University of Arkansas System

Living Well with Diabetes

Signs of Low Blood Sugar

People who take insulin may have times when their blood sugar level is too low. This low blood sugar is called hypoglycemia. Signs of hypoglycemia include the following:

- Feeling tired for no reason
- Yawning a lot
- Being unable to speak or think clearly
- Losing muscle coordination
- Sweating
- Twitching
- Having seizures
- Suddenly feeling like you're going to pass out
- Becoming very pale

If you have any of the problems listed above, eat or drink something sweet, such as fruit juice, regular (not diet) soda or candy, right away.

Be sure you teach your friends, work colleagues and family members how to treat hypoglycemia, because sometimes you may need their help. Also, keep a supply of glucagon at home. Glucagon is another medicine you inject in a shot. It will raise your blood sugar level. If you are unconscious or can't eat or drink, another person can give you a shot of glucagon. This will bring your blood sugar level back to normal.