

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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To get this information in other languages and accessible formats, please call Member Services. This number is on the back of your Member ID card.

MolinaHealthcare.com



Your Extended Family.

Hypoglycemia

Diabetes



Your Extended Family.

What is hypoglycemia?

Hypoglycemia is another name for low blood glucose (blood sugar). If you do not treat hypoglycemia, it can threaten your life. Untreated hypoglycemia can cause:

- Loss of consciousness
- Coma
- Higher risk of falling
- Motor vehicle accident if you are driving
- Seizures
- Death

What are symptoms of hypoglycemia?

- Hunger
- Shakiness
- Nervousness
- Sweating
- Dizziness
- Confusion
- Anxiety
- Weakness

How can you prevent hypoglycemia?

- Take diabetes medicine as prescribed by your provider.
- Eat regular meals and do not skip meals or snacks.
- Monitor your blood sugar to make sure your blood sugar level is not too low. Your provider can tell you what your blood sugar levels should be.
- Check your blood sugar before and after exercise.

How can you manage hypoglycemia?

Know your blood sugar levels. If they are less than 70mg/dl, eat or drink one of the following:

- One cup of skim milk
- ½ cup of fruit juice
- ½ cup of regular soda (not diet soda)
- Five or six pieces of hard candy (not sugar-free)
- Two tablespoons of raisins
- Three to four glucose tablets

Check your blood sugar level again 15 minutes after you eat or drink one of the above items. If your blood sugar level is still low, eat or drink another serving and repeat.

Visit your provider regularly to manage your diabetes. Your provider will help you prevent or detect hypoglycemia early.

