

# Step-by-Step: Self-Care for Low Blood Sugar (Hypoglycemia)

Self-Care for Low Blood Sugar . If you feel symptoms, check your blood sugar right away.

If your blood sugar is below 70, follow these steps to raise it, eat or drink 15 grams of fast-acting sugar.

This could be three to four glucose tablets, or four ounces of fruit juice, or six hard candies. Wait 15 minutes. Check your blood sugar again.

If your blood sugar is still below 70, eat 15 more grams of fast-acting sugar. Wait another 15 minutes, then check your blood sugar a third time.

If it is still too low, continue to treat, and get medical care right away. If needed, call 911.

If your blood sugar goes back above 70, eat a snack or a meal.

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