

When to Call the Doctor: Mild, Moderate, and Severe Hypoglycemia

If you have diabetes, you need to know how to manage low blood sugar, called hypoglycemia.

Hypoglycemia is when your blood sugar drops to 70 mg/dL or lower. Hypoglycemia can be mild, moderate, or severe.

Knowing the symptoms and getting quick treatment for hypoglycemia can prevent serious problems. It could even save your life.

1. Call your doctor if your blood sugar is often below 70 mg/dL.

It's possible to have hypoglycemia with no symptoms, but you'll usually have:

- Shakiness
- Dizziness
- Sweating
- Or confusion.

2. Call your doctor if your blood sugar is between 55 and 70 mg/dL and it does not get better after having fast-acting carbs.

3. Call your doctor to get a prescription for glucagon, so you can have it on hand. This is when your blood sugar drops below 55 mg/dL.

Make sure your friends and family know how to use it.

4. Call your doctor immediately after getting glucagon to treat severe hypoglycemia. You'll need follow up care.

A friend or family member should call 911 if:

- You pass out and glucagon is not available
- You need a second dose of glucagon
- Your blood sugar stays too low 20 minutes after treatment, or
- You had glucagon but are still confused

Call the doctor:

- If your blood sugar is often below 70 mg/dL
- If mild to moderate hypoglycemia does not get better after treatment
- If you need a glucagon prescription
- If you had glucagon

And call 911 if you have severe hypoglycemia and do not have glucagon or do not get better after one glucagon dose.