



# LOW BLOOD GLUCOSE Hypoglycaemia | Signs & Symptoms



Low blood glucose, or hypoglycaemia, happens when the blood glucose level falls below 4.0 mmol/L

WHAT TO DO?

Flip over for more



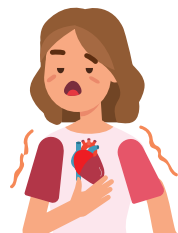
## Early Symptoms



Shakiness



Sweating



Fast heartbeat



Headaches



Dizziness



Feeling nervous or anxious



Tingling sensation in your fingers, lips or tongue



Feeling irritable



Feeling hungry or nauseous

## Severe Signs & Symptoms

- ▶ Blurred vision
- ▶ Confusion and abnormal behaviour
- ▶ Slurred speech
- ▶ Loss of consciousness
- ▶ Seizures
- ▶ Weakness and difficulty walking

## Hypoglycaemia may happen while you are sleeping

Some clues that you may be experiencing hypoglycaemia while asleep include:

- ▶ Profuse sweating while sleeping
- ▶ Seizures
- ▶ Feeling tired, confused or having a headache upon waking

If you suspect you may be having hypoglycaemia, test your blood glucose level using a glucose meter. A blood glucose level of less than 4.0mmol/L indicates hypoglycaemia.

### What causes hypoglycaemia?

If you are receiving treatment for diabetes, you may experience hypoglycaemia when you:

- ▶ Take too much insulin, or certain oral glucose-lowering pills
- ▶ Drink excessive alcohol, particularly without food
- ▶ Exercise more than usual
- ▶ Wait too long between meals, or skip meals

More on:

HealthXchange.sg



Blood Glucose Tracker is now on:



Health Buddy



SingHealth DukeNUS  
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