

Warning Signs of Low Blood Sugar

During pregnancy

This handout for pregnant women lists signs to watch for that may mean your blood sugar is too low. Low blood sugar is called hypoglycemia.

Signs of Low Blood Sugar

Blood sugar lower than _____ mg/dL is too low. Low blood sugar can make you:

- Drowsy
- Dizzy
- Depressed
- Hungry
- Anxious
- Cranky
- Lightheaded
- Confused
- Shaky or sweaty
- Slur your speech
- Not feel like yourself

If hypoglycemia is not treated, seizures, unconsciousness, or death may occur.

How to Treat Hypoglycemia

- Eat food with fast-acting sugar, such as:
 - Small glass of apple or orange juice
 - 1 glass of nonfat milk
 - 4 to 5 pieces of candy
 - Large handful (2 tablespoons) of raisins
- Check your blood sugar again after 15 minutes. If it still less than 60, eat another snack.
- If you pass out, family or friends must call 9-1-1 for help.



Juice will raise your blood sugar.

What to Do on Sick Days

- Do not skip your dose of insulin.
- Check your blood sugar every 2 to 4 hours.
- Test your urine for ketones.
- Drink plenty of fluids.
- Tell your doctor you are sick.
- Try eating small amounts of soft foods every hour.
- Tell a friend or family member that you are sick and ask them to check on you.

When to Call

Call your health care provider if you:

- Vomit more than once
- Cannot keep food or fluids down
- Have moderate or large ketones in your urine
- Have blood sugar over 250 for 2 tests in a row
- Have 3 or 4 low blood sugars in a row
- Have a low blood sugar the same time every day for several days
- Have severe low blood sugar (you needed glucagon, 9-1-1 was called, or you could not treat it yourself)
- Have any other concerns

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Maternal and Infant Care
Clinic: 206-598-4070

Labor and Delivery:
206-598-4616