



## 低血糖

血糖低于 70 mg/dL

本册子解释什么是低血糖、什么导致低血糖、低血糖的常见症状，以及如果你有低血糖该怎么做。此外，本册子还列出一些可治疗低血糖的速效碳水化合物。

### 什么是低血糖？

低血糖症是指血糖（葡萄糖）过低，通常低于 70 mg/dL。它最常发生在服用胰岛素的人身上。也可能发生在那些服用会令胰脏释放更多胰岛素的药物的人身上。

你最佳的血糖控制目标取决于你的年龄，你是否有心脏病，或者当你血糖低时你是否可以觉察到。请向你的保健医生咨询你的血糖控制目标。

如果你的血糖经常低于 70 mg/dL，告诉你的医生。你可能需要调整你的药物。

### 低血糖的症状

- 感到颤抖和/或出汗
- 恶心
- 非常饿
- 意识模糊，无法清晰地思考
- 心跳加速
- 视力模糊
- 无力
- 感觉“不对劲”

### 原因

造成低血糖的原因包括：

- 吃东西太少或延迟进餐
- 服用过多的糖尿病药物
- 体育活动无计划或过度
- 喝酒，特别是空腹时喝

### 如果你有低血糖

记住“15 规则”：

1. 检查你的血糖。如果你的血糖水平是：



如果你不能肯定你是否有低血糖，请检查你的血糖。

如果你爱的人因为低血糖昏倒了，你该怎么做？

- 拨打 9-1-1。
- 切勿试图给他/她任何东西吃。
- 如果你有一个高血糖素急救盒并知道使用方法，你可以给他/她高血糖素。

- 低于 70 mg/dL: 服用 15 克碳水化学物。
- 低于 50 mg/dL: 服用 30 克碳水化学物。

2. 15 分钟后再次检查你的血糖。
3. 如果你的血糖水平仍然低于 70 mg/dL，重复以上方法。
4. 当你的血糖回复正常后，如果你的下次进餐不是在 1 小时内，可吃一小块含有蛋白质的零食，这种零食可以是一片乳酪和 4 至 6 块饼干，或一小块花生酱三明治。

### 驾车注意事项

- 驾车前务必检查你的血糖。驾车时发生低血糖会十分危险。
- 如果你的血糖低于 \_\_\_\_\_ mg/dL，驾车前先吃点零食。

### 快速获取 15 克碳水化合物来源

本表给出一些可以快速治疗低血糖的食物。切勿用高脂食物来治疗低血糖，例如糖果、曲奇饼或雪糕。脂肪会阻碍你身体对这些食品中碳水化合物的吸收。

碳水化学物来源	数量	碳水化学物	卡路里
葡萄糖片* 1 片 = 约 4 克碳水化学物；查看标签	4 片	16 克	60
果汁	1/2 杯	15 克	60
软饮料（非无糖）	1/2 罐	20 克	70
糖 1 茶匙 = 4 克碳水化学物	1 茶匙	12 克	40
运动饮料	1 杯	15 克	60
牛奶，脱脂	1 杯	12 克	90
牛奶，1%	1 杯	12 克	105
Lifesavers 糖果 1 粒 = 2.5 克碳水化学物	6 粒	15 克	60
Sweet Tarts* 糖果 1 粒 = 1.7 克碳水化学物	8	14 克	60
Chewy Sweet Tarts* 糖果 1 粒 = 0.5 克碳水化学物	30	15 克	60
Skittles 糖果 1 粒 = 0.9 克碳水化学物	15	15 克	60
水果卷 1 卷 = 1/2 盎司；查看卷标	1	12 至 15 克	50 至 75
葡萄干	2 茶匙	15 克	60

\* 这些食物中的首要成分是葡萄糖。这种糖比其它糖可以更快地升高血糖。

### 有任何问题吗？

你的问题非常重要。如果你有任何问题或担忧，请致电你的医生或医疗提供机构。

内分泌与糖尿病护理中心：  
206.598.4882

## Hypoglycemia

*Blood glucose less than 70 mg/dL*

*This handout explains what hypoglycemia is, what causes it, common symptoms, and what to do if you have it. It also gives a list of quick-acting carbohydrates to treat hypoglycemia.*

### What is hypoglycemia?

*Hypoglycemia* is low blood sugar (glucose), usually less than 70 mg/dL. It occurs most often in people who take insulin. It can also occur in people who take a medicine that makes their pancreas release more insulin.

Your ideal blood glucose targets depend on your age, if you have heart disease, or if you cannot tell when your blood sugar is low. Ask your diabetes care provider for your blood glucose targets.

Tell your provider if your blood glucose level is often less than 70 mg/dL. You may need to have your medicine adjusted.

### Symptoms of Hypoglycemia

- Feeling shaky and/or sweaty
- Nausea
- Extreme hunger
- Confusion, not able to think clearly
- Heart pounding or racing
- Blurred vision
- Having no energy
- Feeling “not right”

### Causes

Some causes of hypoglycemia are:

- Eating too little or delaying a meal
- Taking extra diabetes medicine
- Unplanned or extra physical activity
- Drinking alcohol, especially on an empty stomach



*Check your blood glucose if you are not sure if your levels are low.*

### If You Think You Have Hypoglycemia

Remember the “**Rule of 15**”:

1. Check your blood glucose. If your blood glucose level is:

What should someone do if a loved one passes out from hypoglycemia?

- **Call 9-1-1.**
- Do **not** try to give the person anything by mouth.
- If you have a glucagon kit and know how to use it, you may give the person glucagon.

- Less than 70 mg/dL: Treat with 15 grams of carbohydrate.
  - Less than 50 mg/dL: Treat with 30 grams of carbohydrate.
2. Check your blood glucose again after 15 minutes.
  3. If your blood glucose level is still less than 70 mg/dL, repeat treatment.
  4. Once your blood glucose returns to normal, eat a small snack with protein if your next meal is more than 1 hour away. This snack could be a slice of cheese and 4 to 6 crackers or a small peanut butter sandwich.

### Cautions About Driving

- **Always check your blood glucose before driving.** Hypoglycemia can be very dangerous if it occurs while you are driving.
- If your blood glucose is under \_\_\_\_\_ mg/dL, eat a snack before you drive.

### Quick Sources of 15 Grams of Carbohydrate

This table gives food sources to treat hypoglycemia quickly. Do **NOT** treat hypoglycemia with high-fat foods such as candy, cookies, or ice cream. Fat slows how quickly your body can use the carbohydrates in the food.

Carbohydrate Source	Amount	Carbohydrate	Calories
<b>Glucose Tablets*</b> 1 tablet = about 4 grams carbohydrate; check the label	4 tablets	16 grams	60
<b>Fruit Juice</b>	½ cup	15 grams	60
<b>Soft Drinks</b> (not diet)	½ can	20 grams	70
<b>Sugar</b> 1 tsp. = 4 grams carbohydrate	1 Tbsp.	12 grams	40
<b>Sport Drinks</b>	1 cup	15 grams	60
<b>Milk, nonfat</b>	1 cup	12 grams	90
<b>Milk, 1%</b>	1 cup	12 grams	105
<b>Lifesavers</b> 1 piece = 2.5 grams carbohydrate	6 pieces	15 grams	60
<b>Sweet Tarts*</b> 1 piece = 1.7 grams carbohydrate	8	14 grams	60
<b>Chewy Sweet Tarts*</b> 1 piece = 0.5 grams carbohydrate	30	15 grams	60
<b>Skittles</b> 1 piece = 0.9 grams carbohydrate	15	15 grams	60
<b>Fruit Roll-Ups</b> 1 roll = ½ ounce; check the label	1	12 to 15 grams	50 to 75
<b>Raisins</b>	2 Tbsp.	15 grams	60

*\* The first ingredient in these items is dextrose. This type of sugar raises blood glucose more quickly than other sugars.*

### Questions?

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

Endocrine & Diabetes Care Center:  
206.598.4882