

WHEN SHOULD YOU SEEK MEDICAL HELP?

- If you feel that you are about to faint, ask for help and call an ambulance immediately.
- Calling: Emergency - 999

WHEN YOU NEED TO BOOK AN APPOINTMENT OR CALL A DIABETIC EDUCATOR?

If you have:

- Continued low blood sugar after taking steps to correct it.
- Repeated reading of less than 70mg/dl for two or three times a day.
- You can call the diabetes educator: 40261145, 40261147 from 7 am to 2 pm (Sunday to Thursday)

For more information, please contact the Patient and Family Education Department at the Women's Wellness and Research Center
40261213

WHAT DO YOU NEED TO KNOW ABOUT LOW BLOOD SUGAR IN PREGNANCY?



Patient and Family Education
patienteducation@hamad.qa

© 2024 Hamad Medical Corporation

24-0340

مركز صحة المرأة والأبحاث
Women's Wellness and Research Center

عضو في مؤسسة حمد الطبية
A Member of Hamad Medical Corporation



WHAT DO YOU NEED TO KNOW ABOUT LOW BLOOD SUGAR IN PREGNANCY?

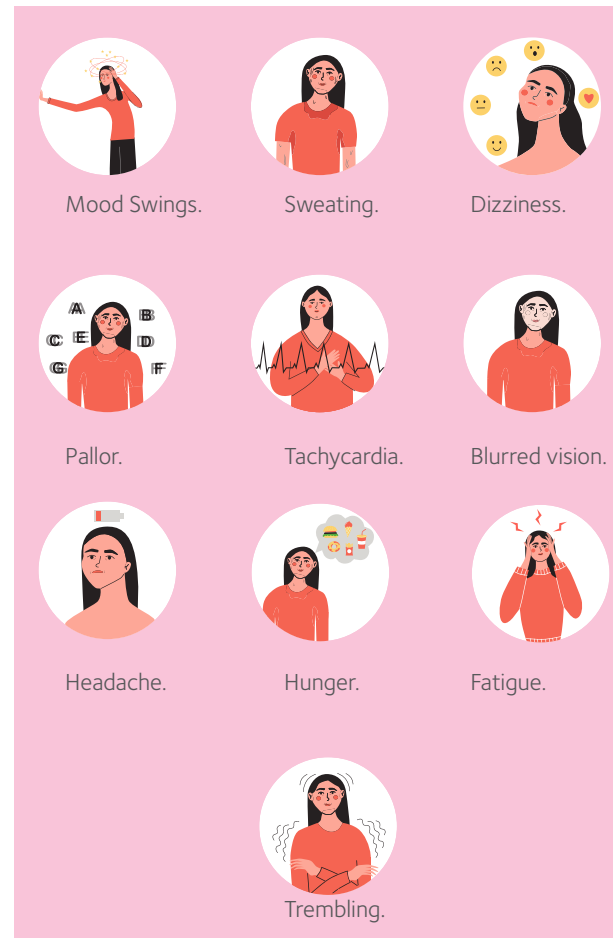
WHAT IS LOW BLOOD SUGAR?

Low blood sugar is when blood sugar drops below the normal range ($<3.90\text{mmol}$ or $<70\text{mg/dl}$) or as per the reference range given by your healthcare provider for your health status. Symptoms will vary in different readings. Low blood sugar in pregnancy is common and can be dangerous to mother and baby. It can be prevented and treated when it occurs.

WHAT CAUSES LOW BLOOD SUGAR?

- If you are taking a higher dose of insulin than the needed dose.
- If you don't follow the dietary meal plan or have inadequate carbohydrate intake after taking insulin.
- Exercising or performing activities for a longer time than your usual time.
- Morning sickness or repeated vomiting.

WHAT ARE THE SIGNS/SYMPTOMS OF LOW BLOOD SUGAR?



You may experience other symptoms such as :

- Confusion.
- Fast heartbeat.
- Fainting /seizure.

WHAT YOU NEED TO DO IN CASE OF LOW BLOOD SUGAR?

If you feel symptoms of low blood sugar, check your blood sugar, if it is below 70mg/dl , follow the steps:

1. Eat or drink 15 grams of fast-acting sugar. e.g. 2 or 3 glucose tablets.
 - 1/2 cup (4 ounces) of any fruit juice.
 - 1/2 cup (4 ounces) of a regular (not diet) soft drink.
 - 1-2 tablespoon of sugar or honey.
2. Wait and rest for 15 minutes.
3. Recheck your blood sugar, if needed, repeat steps 1 and 2.
4. If your blood sugar is back to normal (more than 70mg/dl), eat a snack like (2 plain biscuits or 200-300 ml of milk) or meal. If still low, seek medical help.
 - If you are driving, park the car safely and rest. Do not resume driving for 45minutes or until the blood sugar becomes normal.
 - Educate your family regarding the signs of low blood sugar. Inform them how to get emergency help and the steps to manage low blood sugar.
 - Always carry fast-acting sugar. Example 120 ml of fruit juice (not diet or reduced sugar), Half a can of regular soda, 4 sweet candies, and 1 tbs. of sugar or honey
 - Use a medical ID or certificate explaining that you have diabetes and how someone can help you if you show signs of low blood sugar.