

## Hypoglycemia Unawareness

Hypoglycemia unawareness means that you have little or no warning signs when your blood sugar is low. As a result, your blood sugar may drop low without symptoms. This may happen in people who:

- have had diabetes for many years.
- have lower A1C levels.
- have frequent low blood sugars.

Symptoms or warning signs of low blood sugar can change over time. Symptoms can be mild, or you may have no symptoms at all.

### Safety Tips

Take special care if you start to lose signs of low blood sugar.

- Check your blood sugar levels more often. Ask about using a continuous glucose monitor; some models have alarms to warn you about blood sugars getting lower.
- **Always** check your blood sugar level before driving. If your blood sugar is less than 100 mg/dL and you have not eaten in the last two hours, eat a snack **before** you drive.
- **Always carry some form of sugar with you.** Keep sugar in the car and at your bedside. Examples include glucose tablets, glucose gel, fruit juice, soda, or candy.

- If you live alone, set your alarm to get up during the night to check your blood sugar. Your blood sugar will be lowest between 2 am and 5 am
- Ask a family member or friend call you in the morning to be sure you are up at the normal time.
- Keep glucagon available. Family, friends, and co-workers must know how to give this rescue medicine if you cannot safely swallow. See *Health Facts #4306* on how to use glucagon.
- To avoid low blood sugars, adjust your A1C and blood sugar goals. Talk to your health care team if medicine changes are needed.

### Tell Others

Tell family, friends, and co-workers that you **do not** always feel your low blood sugars. They should know how to help if you become confused or do not respond.

**Always** wear identification that can be seen by others such as a Medic-Alert bracelet or necklace.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©5/2022. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4508.