



Symptoms And Management Of **HYPOGLYCEMIA** — During — Pregnancy

Pregnant women on insulin may be at a risk of hypoglycemia which is defined as a blood glucose level below 60mg/dl.

Symptoms



Dizziness

Sweating



Increased heart rate



Headache



Blurred vision



Confusion



Management



Consume food rich in carbohydrates, such as fruit juice, skimmed milk, or about a tablespoon of sugar.

Re-test your blood sugar level and repeat carbohydrate intake if it's still below 60mg/dl.



Take a snack or meal after about 30 minutes.

References

1. If You Need Insulin During Pregnancy; Saint Luke's
2. Insulin use during pregnancy; University of Iowa