

Low Blood Sugar

Weight loss and change in blood sugar:

- Weight loss often leads to a reduction in blood sugar. This is considered a benefit of weight loss.
- For those who do not have diabetes or have diabetes but are not on medication, weight loss does not increase the risk of low blood sugar.
- For those with diabetes taking the following medications or combinations of the following medications, weight loss rarely causes low blood sugar.

<u>Medication Type</u>	<u>Generic (Brand Name)</u>
Metformin	<ul style="list-style-type: none">• Metformin (Glucophage)
glucagon-like peptide-1 (GLP-1) receptor agonists	<ul style="list-style-type: none">• Exenatide (Byetta, Bydureon)• Lixisenatide (Adlyxin)• Liraglutide (Victoza, Saxenda)• Dulaglutide (Trulicity)• Semaglutide<ul style="list-style-type: none">◦ Semaglutide for injection (Ozempic))◦ Semaglutide oral (Ozempic)
gdipeptidyl peptidase-4 (DPP-4) inhibitors	<ul style="list-style-type: none">• Sitagliptin (Januvia)• Saxagliptin (Onglyza)• Linagliptin (Tradjenta)• Alogliptin (Nesina)
sodium-glucose co-transporter 2 (SGLT2) inhibitors	<ul style="list-style-type: none">• Empagliflozin (Jardiance)• Canagliflozin (Invokana)• Dapagliflozin (Farxiga)• Ertugliflozin (Steglatro)

Symptoms of low blood sugar:

- Tremor, heart pounding or racing, anxiety, sweating, hunger, and numbness/tingling.
- Symptoms of low blood sugar should be treated by consuming carbohydrate, such as:
 - 3 or 4 glucose tablets, ½ cup of juice or regular soda, 2 tablespoons of raisins, 4 or 5 saltine crackers, 1 table spoon, or sugar or honey, or 6-8 hard candies.

Definitions of low blood sugar:

- Low blood sugar is defined as sugar lower than 54 mg/dL.
- Alert value of low blood sugar: less than or equal 70 mg/dL.
- Low range blood sugar: 71-80 mg/dL.

What to do if you have symptoms of low blood sugar:

- If someone with diabetes has low blood sugar and is taking medications that lower blood sugar, he/she should consume some food with carbohydrate or continue to monitor the blood sugar carefully.
- Follow the instructions you have been given by your primary care provider (PCP). If instructed to check in with your PCP about medication adjustments, please do so.

*Note: For those taking insulin or pills that commonly cause low blood sugar (glyburide, glipizide, glimepiride, and gliclazide), either alone or in combination with medications in the table on page one, weight loss can cause low blood glucose.