



Richardson Eating Disorder Service

Low blood sugar

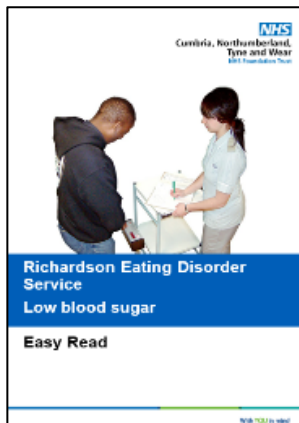
Easy Read



We wrote this leaflet because many people with **eating disorders** have low blood sugar.



An **eating disorder** can involve eating too much or too little and being really anxious about your weight and body shape.



This leaflet tells you about low blood sugar and what you can do about it.



It might make you think of things to ask your doctor.

What is low blood sugar



Sugar (or glucose) in your blood gives your body energy. When you do not have enough energy, your brain and body cannot work properly.



Low blood sugar can cause:

- hunger



- sweating



- feeling anxious



- feeling shaky



- fast or fluttering heartbeat



- being very pale



- fits



- problems with your sight



- being confused and acting differently



- not being able to do everyday things



- fainting and the risk of dying.

What causes low blood sugar



If you have an eating disorder you get low blood sugar when you starve yourself.



But it can also happen when you start eating again.



This is because your body has to use blood sugar to break down the food into more energy.



Why you need carbohydrates

Carbohydrates (carbs) are sugars or starches that give your body energy to work properly.



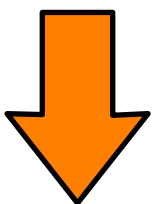
Sugars come from fruit and sugary food.



Starches come from things like beans, nuts, potatoes and bread.



Your body needs a store of carbs to use for energy.



If your weight is really low and you go without carbs for 2 or 3 hours, you can get low blood sugar.

What to do if you have low blood sugar



1. Drink or eat **one** of these:

200mls pure fruit juice



5 to 7 dextrose tablets.

Please check the food or drink label contains at least 15-20 grams of sugars.



2. Within 15 minutes eat **one** of these

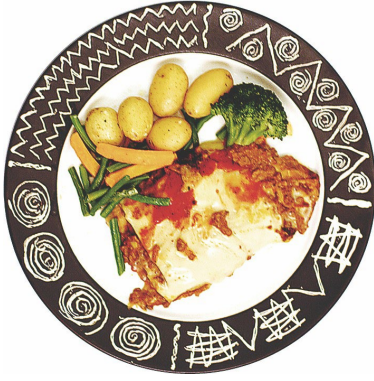
2 slices of bread as a sandwich



2 digestive biscuits



1 medium banana



Your next meal with carbohydrates if it is time for you to eat it.



If you are worried or feeling really unwell:

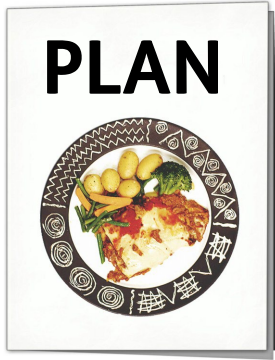
- ring 999 or



- go to the nearest hospital Accident and Emergency Department.

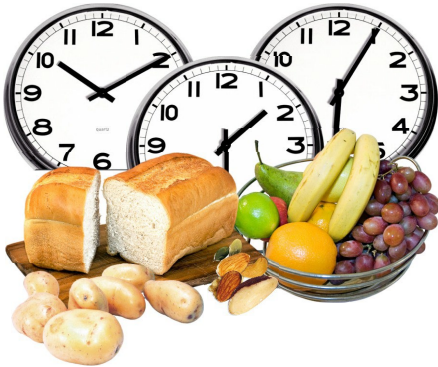


Do not drive if you have low blood sugar.



The only way to make sure your blood sugar stays normal all the time is to:

- follow your meal plan



- eat carbohydrates regularly through the day for example pasta, bread, cereals, potatoes or rice



- not do too much exercise.



Credits

This paper has been designed and produced by the Easy Read service at Inspired Services Publishing Ltd. Ref ISL163 18. September 2018.

www.inspiredservices.org.uk



It meets the European Easy Read Standard.



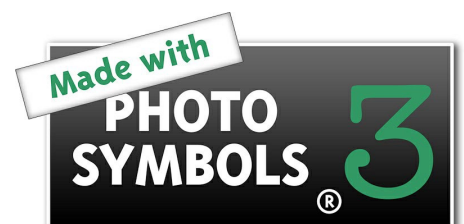
The **Your Voice Counts** - making Easy Read information.



Inspired•pics

Selected photos are from the Inspired pics Easy Read collection and cannot be used anywhere else without written permission from Inspired Services Publishing Ltd.

www.inspired.pics



Ref PIC/801/0424 V3 ER

Review date 2027