

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Keeping your blood sugar under control is important. When you have too much sugar in your blood long term, it can cause serious health problems.

Common Causes of high blood sugars: too much food, not taking enough insulin or oral medications, being less active than normal, stress and illness.

SYMPTOMS INCLUDE:



increased thirst



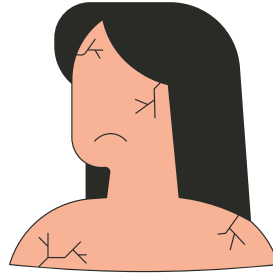
blurry vision



frequent urination



weak and tired



dry skin



increased hunger

WHAT TO DO:

- Check your blood sugar often
- continue to take your medication
- Follow you meal plan
- Drink plenty of water
- If able to, go for a walk



If your blood remains higher than normal for more than a few days or symptoms worsen, call you doctor right away.

LOW BLOOD SUGAR (HYPOGLYCEMIA)

Low blood sugar can happen very quickly. This needs to be treated as soon as possible to avoid passing out and going into coma.

Common causes of hypoglycemia: skipping meals or not eating enough food, too much insulin or other medications, being more active than typical.

SYMPTOMS INCLUDE:



shaky or dizzy



blurry vision



weak or tired



sweaty



headache



hungry



upset, nervous
or hangry

WHAT TO DO:

Check your blood sugar. If below 70, treat the low blood sugar.

*If you can not check, treat as though you are low.

Treat with 15 grams carbohydrates:

- 1 Tbsp of regular sugar
- 4 ounces fruit juice
- 6 ounces regular soda

Recheck your blood sugar in 15 minutes. If still low, treat again. If you're unable to bring your blood sugar to normal range, call your doctor.

