

LOW BLOOD SUGAR (Hypoglycemia)

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Causes:

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| <ul style="list-style-type: none"> • Too much insulin • Too many diabetes pills • Too little food • Skipping meals or delayed meals • Too much exercise without enough food • Too much alcohol | <ul style="list-style-type: none"> • Not enough insulin • Too much food • Illness • Emotional stress • Not enough fluids |
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Symptoms:

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| <ul style="list-style-type: none"> • Hunger • Shakiness or weakness • Sweatiness • Headache • Confusion • Rapid heartbeat • Dizziness | <ul style="list-style-type: none"> • Frequent hunger • Frequent thirst • Frequent urination • Itchy skin • Fatigue • Weight loss • Blurred vision • Tingling or numbness in feet • Slow healing wounds |
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◆ Whenever possible, check blood sugar level with glucose meter before giving treatment

Treatment:

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| <ul style="list-style-type: none"> • Take 2-3 glucose tablets/gel or hard candies or drink 4 oz. juice or regular soda. Wait for 10 minutes, then eat some food such as bread, crackers, rice or fruit • If no response to above treatment, have a trained family member give GLUCAGON shot to stimulate release of glucose from the liver • If no improvement, call your doctor or 911 | <ul style="list-style-type: none"> • Take diabetes pills or insulin as prescribed • Follow a diabetic diet • Weight control • Exercise • Consult your doctor or nurse on how to manage diabetes during days when are you ill |
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