HYPOGLYCEMIA
(Low Blood Glucose)

**Causes:** Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden; may pass out if untreated.

**SYMPTOMS:**
- SHAKY
- FAST HEARTBEAT
- SWEATING
- DIZZY
- ANXIOUS
- HUNGRY
- BLURRY VISION
- WEAKNESS OR FATIGUE
- HEADACHE
- IRRITABLE

**WHAT CAN YOU DO?**

CHECK your blood glucose, right away. If you can't check, treat anyway.

TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.

CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

Concept developed by Rhoda Rogers, RN, BSN, CDE.

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HYPERGLYCEMIA
(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly. May lead to a medical emergency if not treated.

SYMPOTOMS:

- EXTREME THIRST
- NEED TO URINATE OFTEN
- DRY SKIN
- HUNGRY
- BLURRY VISION
- DROWSY
- SLOW-HEALING WOUNDS

WHAT CAN YOU DO?

- CHECK BLOOD GLUCOSE
- CALL YOUR HEALTHCARE PROVIDER

If your blood glucose levels are higher than your goal for 3 days and you don’t know why,

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