

# Hypoglycemia

Hypoglycemia or low blood sugar is when your blood sugar is less than 70 mg/dl.

*If you have these symptoms:*



Shaking



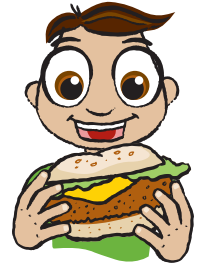
Anxious



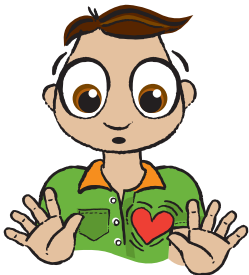
Sweating



Dizzy



Hunger



Fast  
Heartbeat



Blurred  
Vision



Weakness/  
Fatigue



Headache



Irritable

## Check your blood sugar. If it is less than 70 mg/dl:

- 1** Eat or drink a simple sugar such as honey, sugar, fruit juice or 1/2 cup of regular soda.
- 2** Wait 15 minutes and then check your blood sugar again.
- 3** If your blood sugar is still less than 70 mg/dl have another serving of simple sugar and
- 4** Then eat a snack of complex carbohydrate such as cheese and crackers, or half of a sandwich.



**If your family or friends find you "sleeping" and cannot wake you, make sure they know to call 9-1-1.**

## How to Prevent Hypoglycemia

- Eat at regular times every day.
- Do not skip meals.
- Check your blood sugar every day.
- Take your medicine as directed.

***If you continue to have low blood sugar, see your doctor as soon as possible.***

# Hyperglycemia

Hyperglycemia or high blood sugar is when your blood sugar is over 200 mg/dl.

*If you have these symptoms:*



Very thirsty



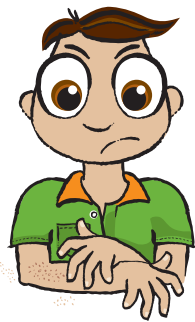
Hunger



Weakness/Fatigue



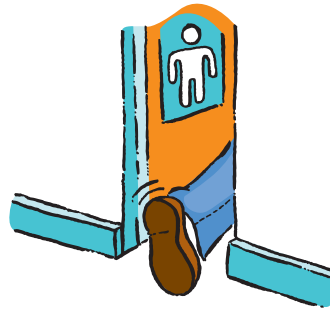
Blurred vision



Dry skin



Sore is not healing



Urinating often



Nausea

## **Check your blood sugar. If it is over 200 mg/dl:**

- 1** Did you eat too much food? *If yes, drink 1 cup of water or a sugar-free drink every hour.*
- 2** Did you forget to take your medicine? *If yes, take your medicine.*
- 3** Do you have an infection? Flu? Stress?

**If you have high blood sugars > 200 mg/dl for more than three days call your doctor.**

## **How to Prevent Hyperglycemia**

- Watch how much you eat.
- Exercise or move every day.
- Take your medicine as directed.
- Check your blood sugars every day.