

# Low Blood Sugar (Hypoglycemia)

**Causes:** Too little food, more than five hours from last meal (during waking hours), too much insulin or diabetes medications, too much physical activity or alcohol.

**Onset:** Sudden. May pass out if untreated.

**Blood sugar:** Below 70 mg/dl

## Symptoms



**Shaking**



**Sweating**



**Rapid Heartbeat**



**Headache**



**Hunger**



**Weakness, Fatigue**



**Impaired Vision**



**Anxious**







**Irritable**



**Dizziness**

## What to do:

|   |  |   |  |
|---|--|---|--|
| <p><b>1.</b> </p> <p>Check your blood sugar.</p> | <p><b>2.</b> </p> <p>If below 70, eat or drink <b>something to raise the blood sugar fast</b>.</p> <p>Some examples:</p> <ul style="list-style-type: none"> <li>--½ cup fruit juice (4 oz.)</li> <li>--½ cup (4 oz.) regular soda</li> <li>--1 tablespoon sugar or honey</li> <li>--6 jelly beans</li> <li>--4 glucose tablets</li> </ul> | <p><b>3.</b> </p> <p>Check your blood sugar in 15 minutes. If it is still below 70, repeat step 2.</p> | <p><b>4.</b> Eat a snack or meal within 30 minutes.</p> <p> If you have hypoglycemia between meals, eat a heavy snack (½ sandwich with milk, 4-6 crackers with peanut butter and a small apple) or a Glucerna or Choice Bar</p> |
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Always carry a fast-acting sugar with you. If you have two lows on the same day or three lows in one week, call your doctor.

## Symptoms of High Blood Sugar (Hyperglycemia)

**Causes:** Too much food, not enough medication, illness, surgery, stress, pain, infection, or steroids.

**Onset:** Gradual. May progress to Diabetic Ketoacidosis.

**Blood Sugar:** Above 180 mg/dl

### Symptoms



**Nausea**



**Drowsiness**



**Blurred Vision**



**Dry Skin**



**Hunger**



**Extreme Thirst**



**Frequent Urination**

### What to do:



**Check your blood sugar**



**If your blood sugar is above 250mg/dl for two days, call your doctor**