

High and Low Blood Sugar

High blood sugar (Hyperglycemia)

This happens when you are a diabetic

Causes of high blood sugar

- Too much food
- Too little insulin or medication
- Illness or stress

Warning signs are:

Extreme thirst

Frequent urination

Blurry vision

Drowsy

Slow healing wounds

Check your blood sugar

If your blood glucose level is higher than your goal for 3 days call your doctor.

Your Goal _____

Sick Days Rules

- Always take your medication
- Try to consume regular meals
- Test your blood sugar every 2-4 hours
- If you are on insulin and are unable to eat
- Call your doctor with your blood sugars

Low blood sugar (hypoglycemia)

Blood sugar is less than 70

Happens to diabetics or take pills or insulin

Causes of low blood sugar

- Too much insulin or diabetic medications
- Too little food
- Skipping meals
- Too much exercise

Warning signs of low blood sugar

Shaky, dizzy, hungry, confused

Headache, sweating, weakness,

Irregular heartbeat

Treatment

- 3 or 4 glucose tablets
- Apple or orange juice, ½ cup
- A coke or pepsi, ½ cup
- 5-6 lifesavers

Check your sugar 15 minutes after eating to make sure it has gone up over 70mg/dl.

Repeat every 15 minutes for 1 hour

Be Prepared

- Wear diabetic identification
- Tell family, friends and co-workers how to help in case of emergency
- Always carry high sugar food if you are on insulin