

# 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**



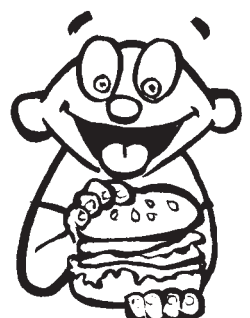
**SWEATING**



**DIZZY**



**ANXIOUS**



**HUNGRY**



**BLURRY VISION**



**WEAKNESS OR FATIGUE**

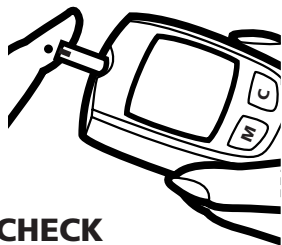


**HEADACHE**



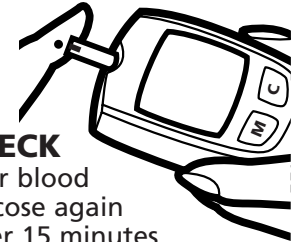
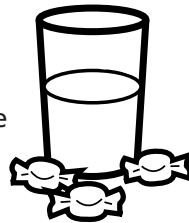
**IRRITABLE**

### 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.

# 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.



**EXTREME THIRST**

### SYMPTOMS:



**NEED TO URINATE OFTEN**



**DRY SKIN**



**HUNGRY**



**BLURRY VISION**

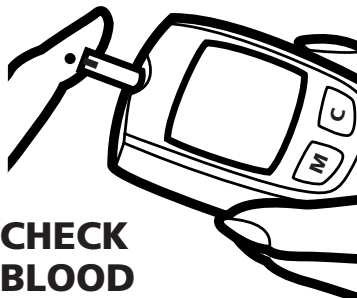


**DROWSY**



**SLOW-HEALING WOUNDS**

**WHAT CAN YOU DO?**



**CHECK BLOOD GLUCOSE**

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

**CALL YOUR HEALTHCARE PROVIDER**

