

Symptoms of Low Blood Sugar (hypoglycemia)

Causes: Too little food, more than five hours from last meal, too much insulin or diabetes medicine, 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

Recommended Action



Check your blood sugar.



If it is below 70 drink one-half to one cup juice, skim milk or regular soda, or chew five to six hard candies or four glucose tablets, or swallow one tube of glucose gel.



Check your blood sugar in 15 minutes. If still below 70, take more sugar. If symptoms don't stop, call your doctor.



Eat a snack or meal within 30 minutes.



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 coma.

Blood Sugar: Above 180 mg/dl

Symptoms



Nausea



Drowsiness



Blurred Vision



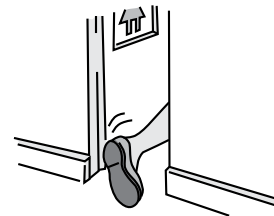
Dry Skin



Hunger



Extreme Thirst



Frequent Urination

Recommended Action



Check your
blood sugar.



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