



Know the difference... between high blood sugar and low blood sugar

High Blood Sugar

HYPERGLYCEMIA

(Symptoms occur slowly over several days)

Watch for:

- Increased thirst and urination
- Large amounts of sugar in the blood
- Ketones in urine
- Weakness, stomach pains, general aches
- Heavy, labored breathing
- Loss of appetite, nausea and vomiting
- Fatigue

What to do:

- Call Doctor immediately
- Drink fluids without sugar if able to swallow
- Test blood sugar frequently
- Test urine for Ketones if blood sugar is greater than 240 mg/dl
- If using an insulin pump, change the infusion set, reservoir and insulin
- If insulin pump supplies are not available, give regular insulin via insulin syringe according to prescribed sliding scale

Causes:

- Not enough insulin
- Too much food
- Infection, fever, illness
- Emotional stress

HYPOGLYCEMIA (INSULIN REACTION)

(Symptoms occur quickly, over several days)

Watch for:

- Cold sweat, faintness, dizziness
- Headache
- Pounding of heart, trembling, nervousness
- Blurred vision
- Hunger
- Irritability
- Personality change
- Not able to awaken

What to do:

- Check blood sugar level if possible
- Take 3 BD™ Glucose Tablets, liquids or foods containing sugar
- Wait 15 minutes and recheck blood sugar
- If blood sugar is still less than 60 mg/dL, treat with BD™ Glucose Tablets or liquids/foods containing sugar. Follow with next meal or snack
- Do not give anything by mouth if not conscious
- If unconscious give glucagon according to package directions and call local Emergency
- Medical Services
- Report all moderate and severe reactions to doctor

Causes:

- Too much insulin
- Not eating enough food
- Unusual amount of exercise
- Delayed meal
- Drinking alcohol without eating food

Low Blood Sugar