

Blood sugar highs and lows

People with diabetes may have high or low blood sugar at times. Both can be serious if untreated. So learn about high and low blood sugar.

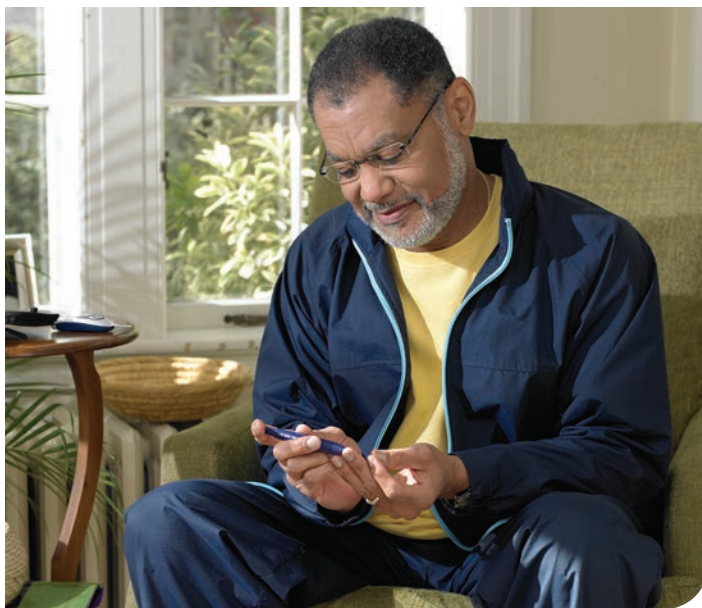
What is high blood sugar?

High blood sugar is also called hyperglycemia [hy-per-gly-SEE-mee-uh]. High blood sugar can occur when you

- Eat too much
- Are less active than usual
- Are sick or under stress
- Need a change in diabetes medicine

Common symptoms of high blood sugar include:

- Feeling thirsty
- Having to urinate more often
- Feeling weak or tired
- Blurred vision



What to do if you have high blood sugar

1. Regularly check your blood sugar according to your health care provider's instructions.
2. If your blood sugar is too high, talk to your health care provider about what to do.

(Continued from other side)

What is low blood sugar?

Low blood sugar is also called hypoglycemia (hy-po-gly-SEE-mee-uh).

Low blood sugar can occur when you

- Eat less or later than usual
- Miss a meal or snack
- Do more physical activity than usual
- Take some types of diabetes medicines
- Take other medicines which might cause your blood sugar levels to drop

Common symptoms of low blood sugar include:

- Nervousness or anxiety
- Shakiness
- Sweating, chills, or clamminess
- Headaches

What to do if you have low blood sugar

1. If your blood sugar is below 70 mg/dL, or if you have any of the symptoms of low blood sugar, eat or drink 15 to 20 grams of glucose or simple carbohydrates. The items below are commonly used:
 - ½ cup of fruit juice or regular soda (not diet)
 - 1 tablespoon of sugar, honey, or corn syrup
 - 2 tablespoons of raisins
 - 1 cup of low-fat (1%) or fat-free milk
 - glucose tablets (follow package instructions)
2. Wait 15 minutes. Then check your blood sugar again.
3. If your blood sugar is still below 70 mg/dL, or if you do not feel better, repeat step 1 every 15 or 20 minutes until your blood sugar is 70 mg/dL or above.
4. If your next meal is 1 hour or more away, eat a snack once your blood sugar is 70 mg/dL or above.
5. If you still do not feel better, or if your blood sugar stays below 70 mg/dL, call your health care provider right away.