

# HYPOLYCEMIA

## (Low Blood Glucose)

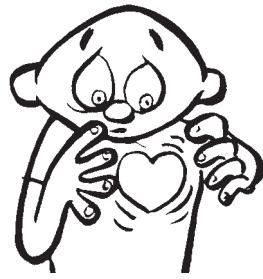
**Causes:** Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden; may pass out if untreated.

### SYMPTOMS:



**SHAKY**



**FAST  
HEARTBEAT**



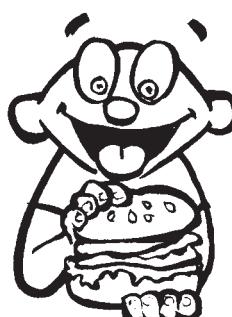
**SWEATING**



**DIZZY**



**ANXIOUS**



**HUNGRY**



**BLURRY  
VISION**



**WEAKNESS  
OR FATIGUE**

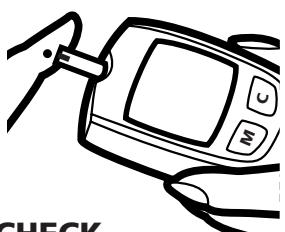


**HEADACHE**



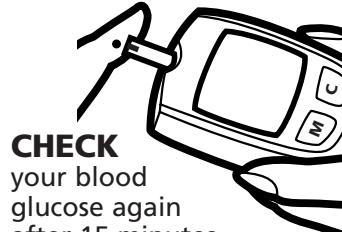
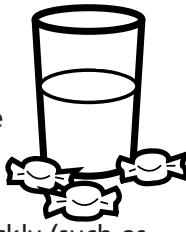
**IRRITABLE**

### 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.

Concept developed by Rhoda Rogers, RN, BSN, CDE.

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# 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**

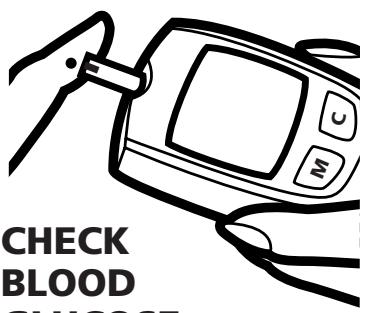


**DROWSY**



**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**



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