

HIGH BLOOD GLUCOSE

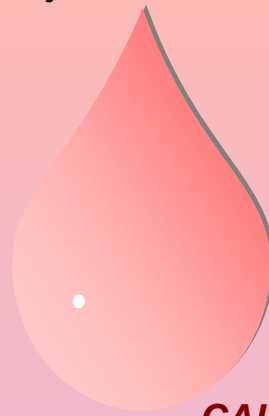
Blood Glucose Above 250

SYMPTOMS – come on slowly

Thirsty and go to bathroom often
Sleepy, weak, tired
Changes in vision
Stomach or leg cramps/pain
Increased hunger or no appetite
Upset stomach or throwing up
Breath smells like fruit or wine
Dry or flushed skin
Heavy or difficult breathing
Unconscious

CAUSES

Too little insulin or diabetes medication
Too much food or wrong foods
Infection, fever, illness, surgery
Stress, emotional or physical



THINGS TO DO

Drink liquids without sugar.
Test blood glucose often (every 2-4°).
Test urine or blood for ketones.
(See “Sick Day Care” for ketone information)
Do NOT drive or perform physical activity if spilling ketones.
Call your doctor.

CALL 911

OR GO TO EMERGENCY ROOM:

If not able to swallow
If throwing up
If having trouble breathing
If unconscious

LOW BLOOD GLUCOSE

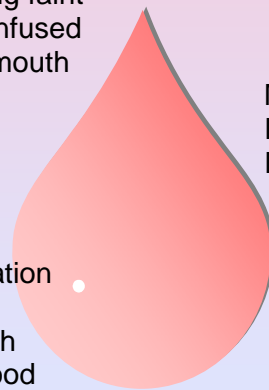
Blood Glucose Below 70

SYMPTOMS – come on quickly

Hungry
Mood changes: laughing, silly, angry, grouchy
Pale skin, cold & clammy skin, sweating
Rapid or pounding pulse, shakiness
Headache, blurry vision, dizzy, feeling faint
Staggering, trouble with balance, confused
Slurred speech, tingling in hands & mouth
Unable to awaken – unconscious

CAUSES

Too much insulin or diabetes medication
Too little food, late or missed meal
Alcohol, especially on empty stomach
Too much physical activity without food



THINGS TO DO

Take 15 grams of carbohydrate:
3-4 glucose tablets, 6 gum drops,
4 oz. fruit juice or **regular** soda pop.
Check blood glucose:
Wait 15 minutes for carbs to absorb
& recheck blood glucose.
Treatment may need to be repeated.
May need another 15 grams of carbohydrates
Do NOT give insulin until BG above 70.
Do NOT drive or perform physical activity.

IF UNCONSCIOUS:

CALL 911

OR GO TO EMERGENCY ROOM

Do not give anything by mouth
Give *Glucagon* per package directions

HIGH BLOOD GLUCOSE

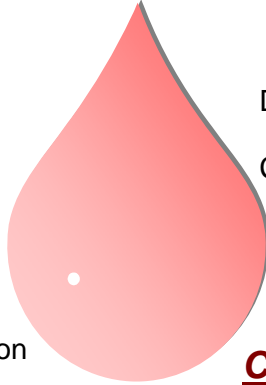
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If unconscious

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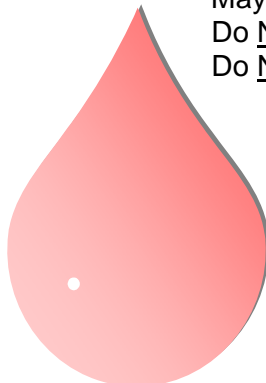
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Check blood glucose:
Wait 15 minutes for carbs to absorb
& recheck blood glucose.
Treatment may need to be repeated.
May need 15 gm starch & 1 oz protein snack.
Do NOT give insulin.
Do NOT drive or perform physical activity.

IF UNCONSCIOUS:

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OR GO TO EMERGENCY ROOM

Do not give anything by mouth
Give *Glucagon* per package directions