



Things to Know About High Blood Sugar

SYMPTOMS

- Increased thirst
- Drowsy
- Blurred vision
- Dry skin
- Increased urination
- Increased hunger

CAUSES

- Skipping insulin/diabetes pills or not taking the right amount
- Not enough activity
- Eating too much
- Illness or infection
- Stress
- Certain medicines (i.e., steroids, cough syrups)

TREATMENT

- Check blood sugar more often
- Follow your meal plan
- Drink plenty of water
- Check for ketones, if type 1
- If no ketones, increase activity
- Call doctor if blood sugar is over 240 mg/dL twice in a row or any time over 300 mg/dL

Doctor: () _____

CDCES: () _____

Consult with a healthcare provider before making any changes to your diabetes treatment plan.

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In case of emergency, call 9-1-1. | ccsmed.com



Things to Know About Low Blood Sugar

SYMPTOMS

- Nervous
- Headache
- Shaky
- Fast heartbeat
- Blurred vision
- Sweaty
- Tired
- Dizzy

CAUSES

- Too much insulin or diabetes pills
- More activity than usual
- Not enough food or skipping a meal

TREATMENT

- Check blood sugar
- Take 15 grams of a fast-acting carbohydrate (carb), choose one:
 - a) 3-4 glucose tablets
 - b) 4 oz. regular soda
 - c) 4 oz. fruit juice
 - d) 1 cup (8 oz.) skim or 1% milk
- Wait 15 minutes
- Recheck blood sugar (should be above 70 mg/dL)
- Repeat if blood sugar has not increased
- After 2 treatments with carbs, if blood sugar is not above 70 mg/dL, call doctor or 911

Note: If blood sugar returns to normal & the next meal is not within 30 minutes, eat a snack containing protein and carbohydrate (½ sandwich)

Doctor: () _____

CDCES: () _____