



Things to Know About **High** Glucose

SYMPTOMS

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

CAUSES

- Challenges with insulin/diabetes medications management
- Less activity
- Having larger food portions
- Illness or infection
- Stress
- Certain medicines (i.e., steroids, cough syrups)

TREATMENT

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

HYPERGLYCEMIA, also known as high glucose, is glucose greater than target range.

**Greater than 130 mg/dL
before a meal**

**Greater than 180 mg/dL
two hours after a meal**

Doctor: () _____

CDCES: () _____

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

1.888.633.4225

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



Things to Know About Low Glucose

SYMPTOMS

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

CAUSES

- Too much insulin or diabetes medication
- More activity than usual
- Less food than needed

TREATMENT

- Check glucose
- 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 glucose (should be above 70 mg/dL)
- Repeat if glucose has not increased
- After 2 treatments with carbs, if glucose is not above 70 mg/dL, call

HYPOGLYCEMIA, also known as low glucose, is glucose lower than target range.

Glucose less than 70 mg/dL

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: () _____

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