

Managing Low Blood Glucose



What causes blood glucose to be low?

Your blood sugar is low if it is below 70 mg/dL. Many things can cause low blood sugar. Those include:

- Missing a meal
- Exercising more than usual
- Taking too much insulin
- Drinking alcohol
- Taking other diabetes medicines

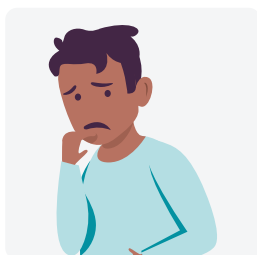


How might you feel if you have low blood glucose?

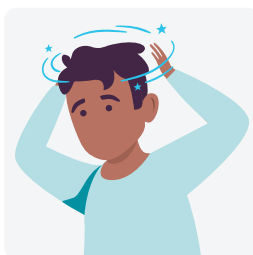
If you have **low blood glucose**, you might feel:



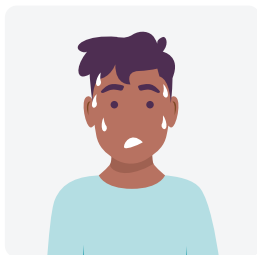
Shaky



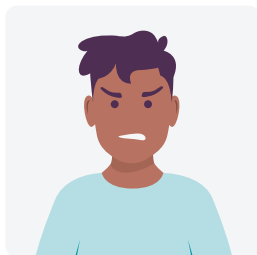
Anxious



Dizzy



Sweaty



Irritable



Hungry

Tip: If you feel these or other symptoms, check your blood sugar. If you think you may have low blood sugar, check it, even if you don't have symptoms.



What can you do about low blood glucose?

Here are some things you can do to manage low blood sugar.

- Carry supplies for treating low blood sugar with you.
- If your blood sugar is lower than 70 mg/dL:
 - Do one of these things **right away**:
 - Take four glucose tablets.
 - Drink four ounces of fruit juice.
 - Drink four ounces of regular soda, not diet soda.
 - Eat four pieces of hard candy.
 - Wait for 15 minutes and then check your blood sugar again.
 - Do one of the above treatments again until your blood sugar is 70 mg/dL or above. Also, eat a snack if your next meal is an hour or more away.
- If you often have problems with low blood sugar, ask your doctor if your treatment plan needs to be changed.

Managing High Blood Glucose



What causes blood glucose to be high?

Many things can cause **high blood sugar**. Those include:

- Being sick
- Eating too much
- Being stressed
- Not giving yourself enough insulin



How might you feel if you have high blood glucose?

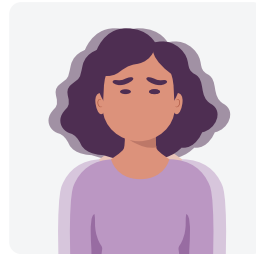
If your blood sugar is **high**, you might:



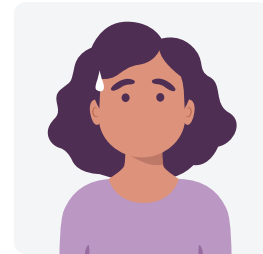
Feel tired



Feel thirsty



Have blurry vision



Need to pee often

Tip: If you feel these or other symptoms, check your blood sugar. If you think you may have high blood sugar, check it even if you don't have symptoms.



What can you do about high blood glucose?

If you have **high blood glucose**, talk to your doctor about how to keep your blood sugar levels within your goal range. Your doctor may suggest that you:

- **Be more active.** Regular exercise can help keep your blood sugar levels on track.
 - Important:
 - **Type 1:** Check ketones if blood glucose is over 240 mg/dl. Don't exercise if you have ketones in your urine. This can make your blood glucose go even higher.
 - **Type 2:** Do not exercise if blood glucose is over 300 mg/dl. This can make your blood glucose go even higher.
- **Take your medicine as instructed.** If your blood sugar is often high, your doctor may change how much medicine you take or when you take it. If you take insulin, your doctor might adjust how much or what kind of insulin you take.
- **Follow your diabetes meal plan.** Ask your doctor or dietitian for help if you are having trouble sticking to it.
- **Always check your blood sugar as directed by your doctor.** Check more often if you're sick.