



Symptoms of Hypo- & Hyper-Glycemia

When your blood glucose numbers are out of range, you may not even notice. But it's important to tune into your body to spot symptoms of either **high blood sugar** (HYPERglycemia) or **low blood sugar** (HYPOglycemia).

Here's how to spot them and what to do about it:

HYPER-glycemia

HIGH
blood sugar

What does it feel like?

Symptoms:

1. Increased thirst and increased urination
2. Headaches
3. Trouble concentrating
4. Blurred vision
5. Frequent peeing
6. Feeling weak and tired
7. Weight loss
8. Blood sugar higher than 180 mg/dL

What can you do about high blood sugar?

Treatment:

Treating an episode of high blood sugar depends on your personal treatment plan.



Take Your Medication - If your doctor has prescribed a dose of fast-acting insulin based on the blood sugar level, take the appropriate dose. Or if you've missed a dose of non-insulin medication, take the missed dose.



Drink Water - Drink plenty of water, wait for 30 minutes, and then test your blood sugar again.



Call for Help - If the hyperglycemia symptoms continue or get worse, call your doctor. If you start to feel drowsy or disoriented — or if blood sugar rises above 350, call 911 or get help going to the emergency room immediately.

HYPO-glycemia

LOW
blood sugar

What does it feel like?

Symptoms:

1. Shakiness
2. Dizziness
3. Sweating
4. Hunger
5. Irritability or moodiness
6. Anxiety or nervousness
7. Headache

What can you do about low blood sugar?

Treatment:

RULE OF 15

Eat or Drink a Quick Sugar Food - Quick sugar foods are those that have at least 15 grams of simple sugars, such as 100% grape juice, honey, or pineapple.

Test - Be sure to test your blood sugar again 15 minutes later — you may need to eat another quick sugar food to get back into range.

With diabetes, it can be tough to predict when hypoglycemia will strike, so it's important to keep some quick sugar foods with you at all times. Such as:

- 100% fruit juice
- Dried fruit
- A honey packet
- Glucose tablets