



HYPERGLYCEMIA & HYPOGLYCEMIA INSTRUCTION



INSTRUCTIONS OF HYPERGLYCAEMIA

- Hyperglycemia is an Elevated blood sugars above target or blood sugar above 250 mg /dl on two separate occasions. It's important to treat hyperglycemia, because if left untreated, hyperglycemia can become severe and lead to serious complications requiring emergency care, such as a diabetic coma. In the long term, persistent hyperglycemia, even if not severe, can lead to complications affecting your eyes, kidneys, nerves and heart.

• Factors that contribute to hyperglycemia

1. Not using enough insulin or oral diabetes medication.
2. Not injecting insulin properly or using expired insulin.
3. Not following your diabetes eating plan.
4. Being inactive.
5. Having an illness or infection.
6. Using certain medications, such as steroids.
7. Being injured or having surgery.
8. Experiencing emotional stress.

Early signs and symptoms of hyperglycemia

Recognizing early symptoms of hyperglycemia can help you treat the condition promptly. Watch for:

- Frequent urination , Increased thirst , Blurred vision , Fatigue , Headache

Later signs and symptoms of hyperglycemia needs urgent treatment at hospital:

- Nausea and vomiting , Shortness of breath , Dry mouth , Weakness , Abdominal pain , Confusion , Coma

- **Tips to lower blood sugars:**

1. Get physical. Regular exercise is often an effective way to control your blood sugar e.g. walking 30 minutes 5 days a week.
 2. Follow your diabetes eating plan. It helps to eat less and avoid sugary beverages. If you're having trouble sticking to your meal plan, ask your doctor or dietitian for help.
 3. You need to avoid high carbohydrate food like; Bread, Potato, Juices, dates, honey, rice, pasta and sweets.
 4. Increase the intake of white meat (fish, tuna and chicken), vegetables and dairy products.
 5. Drink plenty of liquids such as water and sugar free drinks throughout the day.
 6. Check your blood sugar every 4 hours and write it in your log book to review it with your doctor.
 7. If you forgot to take your diabetes pills take them once you remember.
 8. If you are taking insulin, take your next recommended dose with less carbohydrate in your next meal and if Blood glucose still high 4 hours after the meal and after you have followed all the instructions you can take a correction dose of fast acting insulin according to your doctor instructions.
 9. Always Keep a list of medication and bring it on the follow up visit or in case of coming to emergency room
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- **COME TO EMERGENCY ROOM IN CASE IF:**

1. You're sick and can't keep any food or fluids down
 2. Persistent Diarrhea and vomiting within few hours
 3. your blood glucose levels are persistently above 250 mg/dL
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- **Follow up with the outpatient clinic (.....) within (.....) or in case if:**

1. Your blood glucose is more than 250 mg/dL even though you've taken your diabetes medication
2. You have trouble keeping your blood glucose within the desired range, and you are able to eat and drink and no nausea or vomiting or diarrhea.

INSTRUCTIONS OF HYPOGLYCAEMIA

- Hypoglycemia is a condition characterized by an abnormally low level of blood sugar (blood glucose less than 70 mg), which is your body's main energy source.
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- **Causes of hypoglycemia:**

1. Too much insulin or diabetes pills.
 2. Meals that are skipped or late.
 3. Too much exercise or unplanned exercise.
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- **Signs and symptoms of hypoglycemia**

There may be no warning signs or you may:

1. Feel dizzy and hunger.
 2. Confused and Nervous.
 3. weak or tired.
 4. Sweating and shaking.
 5. Feel a fast heart beat.
 6. Feel numb around the mouth or lips.
 7. Feel moody or grumpy or not thinking clearly.
 8. Have blurred vision.
 9. Not able to speak.
 10. Decrease level of conscious or Coma.
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- **Management of hypoglycemia:**

1. Check your blood sugar level right away if you have symptoms of hypoglycemia. Hypoglycemia is usually 70 mg/dL or below.
2. If your blood sugar level is too low, you need to follow the rule of 15 by:
3. Eat or drink 15 grams of fast-acting carbohydrate. Examples of this amount of fast-acting carbohydrate are (1/2 cup) of fruit juice or 1 tablespoon of sugar, 1 tablespoon of honey, 3 to 4 glucose tablets.
4. Check your blood sugar level 15 minutes later. If the level is still low (less than 70 mg/dL), have another 15 grams of carbohydrate.
5. When the level reaches to 100 mg/dL, eat a snack or meal that contains slow acting carbohydrates. This will help prevent another drop in blood sugar.
6. Always carry a source of fast-acting carbohydrate. If you have symptoms of hypoglycemia and you do not have a blood glucose meter, have a source of fast-acting carbohydrate anyway. Avoid carbohydrate foods that are high in fat. The fat content may make it take longer to increase your blood sugar level.
7. Ask your healthcare provider if you should carry a glucagon kit. Glucagon is a medicine that is injected when you develop severe hypoglycemia and become unconscious.

8. Teach others (family members) how to help you if you have symptoms of hypoglycemia. Tell them about the symptoms of hypoglycemia. Ask them to give you a source of fast-acting carbohydrate if you cannot get it yourself. Ask them to give you a glucagon injection if you have symptoms of hypoglycemia and you become unconscious or have a seizure.
- Ask them to take you to hospital Emergency. This is an emergency. Tell them never to try to make you swallow anything if you faint or have a seizure.
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• **Prevent of hypoglycemia:**

1. Eat regular meals and snack, do not skip meals.
 2. Always carry any sores of simple carbohydrate like sugar, dates or glucose tablets
 3. Check your blood sugar level as directed. And ask your doctor what your blood sugar levels should be before and after you eat. when and how often to check your blood sugar level
 4. Record your blood sugar level results and take the record with you when you see your doctor. As this may help him make changes to your medicine, food, or exercise schedules.
 5. Check your blood sugar level before you work out. Exercise can decrease your blood sugar level.
If your blood sugar level is less than 100 mg/dL, have a carbohydrate snack. Examples are 4 to 6 crackers, 1/2 banana, one cup of milk, or (1/2 cup) of juice.
 6. If you will exercise for more than 1 hour, you may need to check your blood sugar level every 30 minutes also it is recommend to check your blood sugar level after exercise.
 7. Take your diabetes medicine as directed. Do not take extra diabetes medicine without your doctor's advice.
 8. Tell other people who work or live with you that you have diabetes and how to treat low blood sugar.
 9. You need to inform other when and how to use glucagon kit specially if you have type one diabetes (insulin dependent diabetes mellitus)
 10. Always remember to carry a card or wear a bracelet that says you have diabetes.
 11. Talk with your doctor and dietitian before starting a weight loss diet.
 12. Keep all your appointments and follow up regularly with your doctor, diabetes educator and dietitian.
 13. Always Keep a list of medication and bring it on the follow up visit or in case of coming to emergency room
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• **Come to emergency room in case if:**

1. Having a seizure or pass out
 2. Blood sugar less than 50mg/dl and doesn't respond to treatment
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• **Follow up with the outpatient clinic (.....) within (.....) or in case if:**

1. Recurrent of low blood sugar times.
2. You need to adjust you medication or insulin doses.
3. You have concerns about your condition.