HYPERGLYCEMIA
(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes medicine, illness or stress.
Onset: Gradual, may progress to diabetic coma.

SYMPTOMS

EXTREME THIRST
FREQUENT URINATION
DRY SKIN
HUNGER
BLURRED VISION
DROWSINESS
DECREASED HEALING

WHAT CAN YOU DO?

TEST BLOOD GLUCOSE

If over 200 mg/dL for several tests or for 2 days
CALL YOUR DOCTOR

Concept developed by Rhoda Rogers, RN, BSN, CDE, Sunrise Community Health Center, Greeley, Colorado
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HYPOGLYCEMIA
(Low Blood Glucose)

Causes: Too little food, too much insulin or diabetes medicine, or extra activity.

Onset: Sudden, may progress to insulin shock.

**SYMPTOMS**

- **SHAKING**
- **HUNGERS**
- **SWEATING**
- **DIZZINESS**
- **WEAKNESS**
- **FATIGUE**
- **ANXIOUS**
- **HEADACHE**
- **IRRITABLE**

**WHAT CAN YOU DO?**

Drink 1/2 glass of juice or regular soft drink, or 1 glass of milk, or eat some soft candies (not chocolate).

Within 20 minutes after treatment test blood glucose. If symptoms don't stop, call your doctor.

Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk).

*Treatment may vary with different medications.*

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