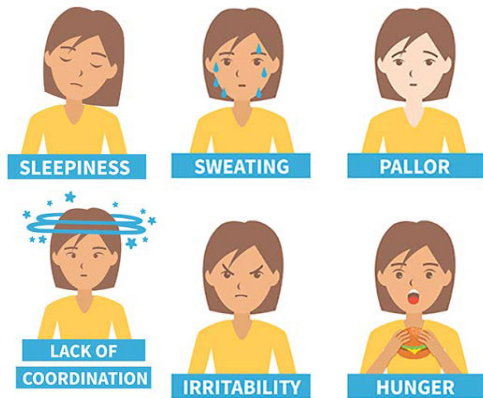




HYPOGLYCEMIA/ LOW BLOOD SUGAR < 70 mg/dL

HYPOGLYCEMIA



Causes

- Too much medication (Insulin or pills)
- Missed a meal or snack
- Incorrect carbohydrate counting
- Unusual / unplanned exercise

Treatment

Rule of 15:

1. If BG* is low or you have symptoms, treat with 15 gms of carb
2. Wait 15 mins
3. Repeat BG check.
4. If BG less than 70 mg/dl or symptoms continue, treat again

15-20 grams of quick acting carbs:

(should raise BG* about 30-45 points)

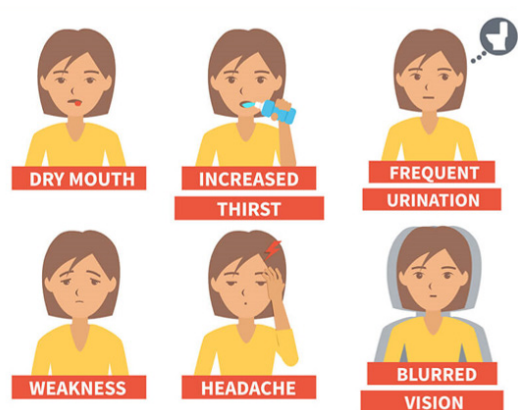
- 3-4 Glucose tablets
- 1 tbsp Honey
- 1/2 cup (4 oz) Fruit juice
- 1 cup Nonfat / Low fat Milk
- 1/2 cup (4 oz) Regular Soda

Have a snack if next meal is more than one hour away

** Use Glucagon if indicated

HYPERGLYCEMIA/ HIGH BLOOD SUGAR > 200 mg/dL

HYPERGLYCEMIA



Causes

- Too little medication (Insulin or pills)
- Too much food
- Incorrect carbohydrate counting
- Illness / Infection, Stress
- Too little exercise
- Certain medications (e.g. steroids)

Treatment



Call Physician if BGs above 250-300 mg/dL for two consecutive readings or unsure why they are elevated

Always take medications – **don't skip!**

Check blood glucose and urine for ketones as indicated.

Drink more water / fluids

Keep log of symptoms