

Know the Difference Between High and Low Glucose

High blood glucose (hyperglycemia)

Symptoms

- Extreme thirst
- Peeing (urinating) more often
- Headache
- Hunger
- Blurred vision
- Feeling drowsy or tired
- Slow healing after illness or injury
- Frequent infections

Possible causes

- Eating too many carbs (carbohydrates)
- Taking the wrong type or amount of diabetes medicine or insulin
- Stress or illness
- Some medicines

What to do

- Check your blood glucose regularly.
- **If you take insulin:** Take correction insulin.
- **If you have type 1 diabetes, and your blood glucose is over 240:** Check your ketones.
- Call the doctor if your glucose level is often above your goal. The doctor may need to change your insulin or diabetes medicine.
- Call your care team if you are ill.

Low blood glucose (hypoglycemia)

Symptoms

- Shaking, sweating, fast heartbeat
- Feeling dizzy, tired or weak
- Feeling anxious and easy to irritate
- Feeling nervous, crabby or confused
- Hunger
- Vision problems, headache
- Numb or tingling mouth

Possible causes

- Not eating enough carbohydrates
- Too much insulin or diabetes medicine
- More activity than normal
- Stress, alcohol, some medicines

What to do

- Check your blood glucose:
 - If under 70, have ½ cup juice or 3 to 4 glucose tablets.
 - If under 50, have 1 cup juice or 6 to 8 glucose tablets.
- Repeat check every 15 minutes until blood glucose is between 70 and 100.
Call 911 if it does not get better.
- Call your care team if you have low blood glucose 2 or more times per week.

