THE HIGHS AND LOWS OF BLOOD SUGAR FOR PATIENTS WITH DIABETES

HIGH BLOOD SUGAR (HYPERGLYCEMIA)

180mg/dL or higher for one to two hours after eating

SIGNS OF HYPERGLYCEMIA

- HUNGRY
- TIRED
- THIRSTY
- DRY SKIN
- FREQUENT URINATION
- BLURRED VISION

CAUSES OF HYPERGLYCEMIA

- Eating Too Much
- Stress
- Not Taking Diabetes Medication as Directed

WHAT TO DO IF YOU HAVE HYPERGLYCEMIA

- Meal Plan
- Test Blood Sugar
- Take Diabetes Medication as Directed

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LOW BLOOD SUGAR (HYPOGLYCEMIA)

70mg/dL or lower

SIGNS OF HYPOGLYCEMIA

- HUNGRY
- TIRED
- SHAKY
- SWEATY
- UPSET
- HEADACHY

CAUSES OF HYPOGLYCEMIA

- Physical Activity
- Not Eating Enough
- Too Much Diabetes Medication

WHAT TO DO IF YOU HAVE HYPOGLYCEMIA

Eat or drink 15g of sugar such as:

- 3-5 Glucose Tablets
- 1/2 Cup of Fruit Juice
- 15 Small Chewable Candies
- 15g

Wait 15 minutes and re-check blood sugar.

SEVERE LOW BLOOD SUGAR (SEVERE HYPOGLYCEMIA)

When low blood sugar isn’t treated, and a person needs assistance to help recover.

SIGNS OF SEVERE HYPOGLYCEMIA

- DISORIENTED
- UNCONSCIOUS
- DIZZINESS
- LOSS OF COORDINATION

WHAT TO DO IF YOU HAVE SEVERE HYPOGLYCEMIA

- glucagon

Glucagon can help bring blood sugar up. After glucagon treatment, call local emergency services and your doctor.

Reference: American Diabetes Association® Standards of Medical Care in Diabetes