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

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

WHAT TO DO IF YOU HAVE HYPERGLYCEMIA

- Meal Plan
- Test Blood Sugar
- Take Diabetes Medication as Directed
**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
- 15 Small Chewable Candies
- 1/2 Cup of Fruit Juice

Wait 15 minutes and re-check blood sugar

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**SEVERE LOW BLOOD SUGAR (SEVERE HYPOGLYCEMIA)**

Still 70mg/dL or lower after eating 15g of sugar, waiting 15 minutes, and re-checking

**SIGNS OF SEVERE HYPOGLYCEMIA**

- Disoriented
- Unconscious

**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 — 2019