

# HIGH BLOOD SUGAR

## HYPERGLYCEMIA

*(Signs and symptoms occur slowly over hours to days)*

### **Watch for:**

- Increased thirst and urination
- Large amounts of sugar in the blood
- Ketones in urine
- Weakness, stomach pains, general aches
- Heavy, labored breathing
- Loss of appetite, nausea and vomiting
- Fatigue

### **What to do:**

- Call Doctor immediately
- Drink fluids without sugar if able to swallow
- Test blood sugar frequently
- Test urine for Ketones if blood sugar is greater than 300 mg/dl
- If using an insulin pump, change the infusion set, reservoir and insulin
- If insulin pump supplies are not available, give regular insulin via insulin syringe according to prescribed sliding scale

### **Causes:**

- Not enough insulin
- Too much food
- Infection, fever, illness
- Emotional stress

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## **HYPOGLYCEMIA (INSULIN REACTION)**

*(Signs and symptoms occur very quickly — within minutes)*

### **Watch for:**

- Cold sweat, faintness, dizziness
- Headache
- Pounding of heart, trembling, nervousness
- Blurred vision
- Hunger
- Irritability
- Personality change
- Not able to awaken

### **What to do:**

- Check blood sugar level if possible
- Take four Dex4® glucose tablets or liquids/foods containing sugar
- Wait 15 minutes and retest blood sugar
- If blood sugar is still less than 60 mg/dl, treat again with Dex4® glucose tablets or liquids/foods containing sugar. Follow with next meal or snack
- Do not give anything by mouth if not conscious
- If unconscious give Glucagon according to package directions and call local Emergency Medical Services
- Report all moderate and severe reactions to Doctor

### **Causes:**

- Too much insulin
- Not eating enough food
- Unusual amount of exercise
- Delayed meal
- Drinking alcohol without eating food

**LOW  
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SUGAR**

