

Signs and Symptoms of Hypoglycemia and Hyperglycemia



A healthy approach to diabetes.
A healthy approach to life.



Diabetes Endocrine Division

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Signs and Symptoms of Hypoglycemia and Hyperglycemia

How can high blood sugar be prevented?

- Follow your meal plan and exercise program.
- Test your blood glucose regularly.
- Know when to contact your healthcare provider.
- Wear/Carry medical identification that states you have diabetes.

How to treat high blood sugar:

- Check your blood sugar regularly.
- Take prescribed medications as directed.
- Drink more water.
- Physical activity can help lower your blood glucose if your blood sugar is < 250 .
- Consult your doctor or diabetic educator if there is no improvement.

How can low blood sugar be prevented?

- Eat at least three regular meals each day, with three snacks between meals.
- Plan your meals no more than 4 –5 hours apart.
- Physical activity can help lower your blood glucose if your blood sugar is < 250 .
- Consult your doctor or diabetic educator if there is no improvement.

If the patient is unconscious, please do the following:

- Don't inject insulin.
- Don't give food or fluids.
- Inject glucagon, if available.
- Apply honey or glucose gel under the tongue.
- If there is no response, call for emergency help.

How to treat low blood sugar?

The quickest way to raise your blood glucose is to eat 15–30 grams of a fast-acting carbohydrates, such as:

- 2 or 3 glucose tablets.
- 1/2 cup (4 ounces) of any fruit juice.
- 1/2 cup (4 ounces) of a regular (not diet) soft drink.
- 1–2 tablespoon of sugar or honey.

After 15 minutes, check your blood glucose again. If your blood glucose is still less than 70 mg/dl, eat another serving of the foods listed above. Repeat these steps until your blood glucose is at least 70 mg/dl.

Hyperglycemia

Symptoms of High Blood Sugar:



Extreme Thirst

Extreme Thirst

Extreme Thirst



Frequent Urination



Dry and Itchy Skin



Blurred Vision



Drowsiness



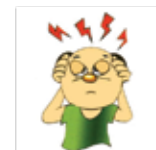
Nausea



Increased Fatigue

Hypoglycemia

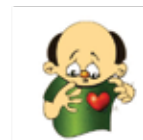
Symptoms of Low Blood Sugar:



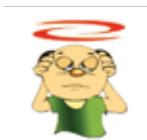
Headache



Cold Sweat



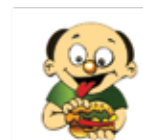
Fast Heartbeat



Dizziness



Anxiety



Extreme Hunger



Blurred Vision



Irritability



Increased Fatigue



Shaking