

Rochester Regional Health

UNDERSTANDING HIGH BLOOD SUGAR (HYPERGLYCEMIA)



Hungry



Tired



Frequent
urination



Dry or
itchy skin



Thirsty



Blurred
vision

Possible causes

- Not taking diabetes medication or taking too little, and/or taking at wrong time
- Eating too much or not eating the appropriate balance of food
- Illness or infection
- Trauma/stress—physical and/or emotional

What should you do?

- Test your blood sugar regularly
- Take your medication as prescribed
- Follow your meal plan
- Drink extra water
- Call your Diabetes Care Team if you continue to have high blood sugar

Source: American Diabetes Association

Notes

UNDERSTANDING LOW BLOOD SUGAR (HYPOGLYCEMIA)



Hungry



Tired



Headachy



Shaky



Sweaty



Irritable

Possible causes

- Taking too much diabetes medication and/or taking at wrong time
- Smaller than usual, delayed, or skipped meals
- Increased physical activity with or without eating

What should you do?

- Check your blood sugar level (below 80 mg/dL is too low)
- Take something with 15-20 grams of sugary carbs right away
- After 15 minutes, recheck your blood sugar. If it is still too low, repeat
- If it is still too low after another 15 minutes, call your healthcare provider or emergency service

Source: American Diabetes Association