



## Low Blood Sugar (Hypoglycemia)

Your blood sugar can go too low when you have diabetes. This is called hypoglycemia. It can make you very sick. If not treated, you could pass out and even die. Wearing or carrying ID that says you have diabetes lets others know how to help you.

### What causes low blood sugar?

- Eating later than normal
- Missing a meal or skipping your usual snack
- Taking too much diabetes medicine
- Doing more activity than usual

### How does low blood sugar feel?

Here are some signs of low blood sugar:

- Sweating
- Shaking
- Feeling anxious
- Hunger
- Feeling tired
- Fast heart beat
- Headaches
- Blurred vision

### How do you treat low blood sugar?

If your blood sugar is below **70**, eat **one** of these **emergency** foods. Each has 15g carbohydrate.

If your blood sugar is below **50**, eat **two** of these foods.

- 5 Lifesavers
- 1/2 cup fruit juice
- 1 tablespoon sugar or honey
- 1 handful of raisins
- 1 tube glucose gel
- 1 cup non-fat milk
- 3 square or 4 round glucose tablets
- 1/2 banana
- 1 small apple or orange
- 1 cup regular soda



**Wait 15 minutes and check your blood sugar again.** If your blood sugar is less than 100mg/dl take **one more** emergency food. Wait 15 minutes and check your blood sugar again. It should be 100 or above.

Eat a snack, like a 1/2 sandwich or your normal meal after checking your blood sugar.

### Other tips:

- Don't treat low blood sugar with chocolate. It does not raise blood sugar fast enough.
- Carry your blood glucose meter and an "emergency food" with you at all times.
- If you are not able to check your blood sugar but think it is low, treat it with an emergency food. Follow with a snack.
- Talk with your doctor if you have low blood sugar often. Your diabetes medicine may need to be changed.

## High Blood Sugar (Hyperglycemia)

Your blood sugar can go too high when you have diabetes. This is called hyperglycemia. Be sure to check your blood sugar if you aren't feeling well. High and low blood sugar can feel similar. Wearing or carrying ID that says you have diabetes lets others know how to help you.

### What causes high blood sugar?

- Eating too many foods that turn into blood sugar
- Not taking your diabetes medicine
- Not getting enough exercise
- Being sick or in pain
- Some medications such as steroids
- Stress

### How does high blood sugar feel?

#### Here are some signs of high blood sugar:

- Headaches
- Feeling tired
- Weight loss
- Increased hunger and thirst
- Frequent need to go to the bathroom
- Dry mouth, dry itchy skin
- Blurred vision
- Slow healing of wounds and cuts



### How do you treat high blood sugar?

- If your blood sugar is **over 180**:
  - Drink extra water (2 extra 8 oz. glasses).
  - Exercise – go for a walk. Ask your doctor if it is ok to exercise when your blood sugar is high.
  - Eat fewer foods with starch or sugar at your next meal.
  - Find out why it is high so you can prevent it in the future.
  - Talk with your doctor if you have high blood sugar often. Your diabetes medicine may need to be changed.
- If your blood sugar is **over 250** after testing two or more times:
  - Call your doctor.

For more information on diabetes, call the  
Health Education Department (855) 856-6943 (TTY 711) or call  
L.A. Care's 24-hour Nurse Advice Line at **1.800.249.3619 (TTY 711)**