

Symptoms of Low Blood Sugar (Hypoglycemia)

Some Symptoms:

Causes: Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

Onset: Often sudden.



SHAKY



FAST
HEARTBEAT



SWEATY



DIZZY OR SHAKY



ANXIOUS



HUNGRY



BLURRY VISION



WEAK OR TIRED



HEADACHE



NERVOUS OR UPSET

IF LOW BLOOD SUGAR IS LEFT UNTREATED, YOU MAY PASS OUT OR NEED MEDICAL HELP.

What Can You Do?



CHECK your blood sugar right away. If you can't check, treat anyway.



TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



CHECK your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your doctor.

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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Symptoms of High Blood Sugar (Hyperglycemia)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly.

Some Symptoms:



VERY THIRSTY



NEED TO URINATE OFTEN



DRY SKIN



HUNGRY



BLURRY VISION



SLEEPY



SLOW HEALING INJURY OR INFECTION

HIGH BLOOD SUGAR MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.

What Can You Do?



CHECK BLOOD SUGAR

If your blood sugar levels are higher than your goal for three days and you don't know why,

CALL YOUR DOCTOR



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