



## HYPOGLYCEMIC

(Signs and symptoms occur very quickly—within minutes)

### WATCH FOR:

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

### WHAT TO DO:

- Check blood sugar level if possible
- Take 2 to 3 glucose tablets, liquids or foods containing carbohydrates
- Wait 15 minutes and re-test blood sugar
- If blood sugar is still less than 60 mg/dl, treat with additional glucose tablets, liquids or food
- Do not give anything by mouth if not conscious
- If unconscious give glucagon according to package directions and call Emergency Medical Services
- Report all moderate and severe reactions to the doctor

### CAUSES:

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



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## HYPERGLYCEMIA

(Signs and symptoms occur slowly over a few hours)

### WATCH FOR:

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

### WHAT TO DO:

- Wash hands and re-test blood sugar for accuracy
- Drink water if able to swallow
- Test blood sugar frequently
- Test urine for ketones if blood sugar is greater than 240 mg/dl—Call a doctor if there are moderate to large ketones
- If using an insulin pump, change the infusion site, 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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