

## ....Know the Difference



### HIGH BLOOD SUGAR

#### HYPERGLYCEMIA

*(Signs and symptoms occur slowly over several days)*

##### Watch for:

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

##### What to do:

- Call doctor immediately
- Drink fluids without sugar if able to swallow
- Test blood sugar frequently
- Test urine for ketones if blood sugar is greater than 240mg/dl
- If using an insulin pump, change the infusion set, 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



### LOW BLOOD SUGAR

#### HYPOGLYCEMIA (INSULIN REACTION)

*(Signs and symptoms occur very quickly – within minutes)*

##### Watch for:

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

##### What to do:

- Check blood sugar level if possible
- Take 2-3 glucose tablets, liquids or foods containing sugar
- Wait 15 minutes and retest blood sugar
- If blood sugar is still less than 60 mg/dl, treat with glucose tablets or liquids/foods containing sugar, and follow with next meal or snack
- 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 Doctor

##### Causes:

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

**If you would like more information, please contact  
Med-Cert, Inc. at 866-633-2378 (toll free) or at [www.medcertinc.com](http://www.medcertinc.com)**



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