

# Low blood sugar (Hypoglycemia)

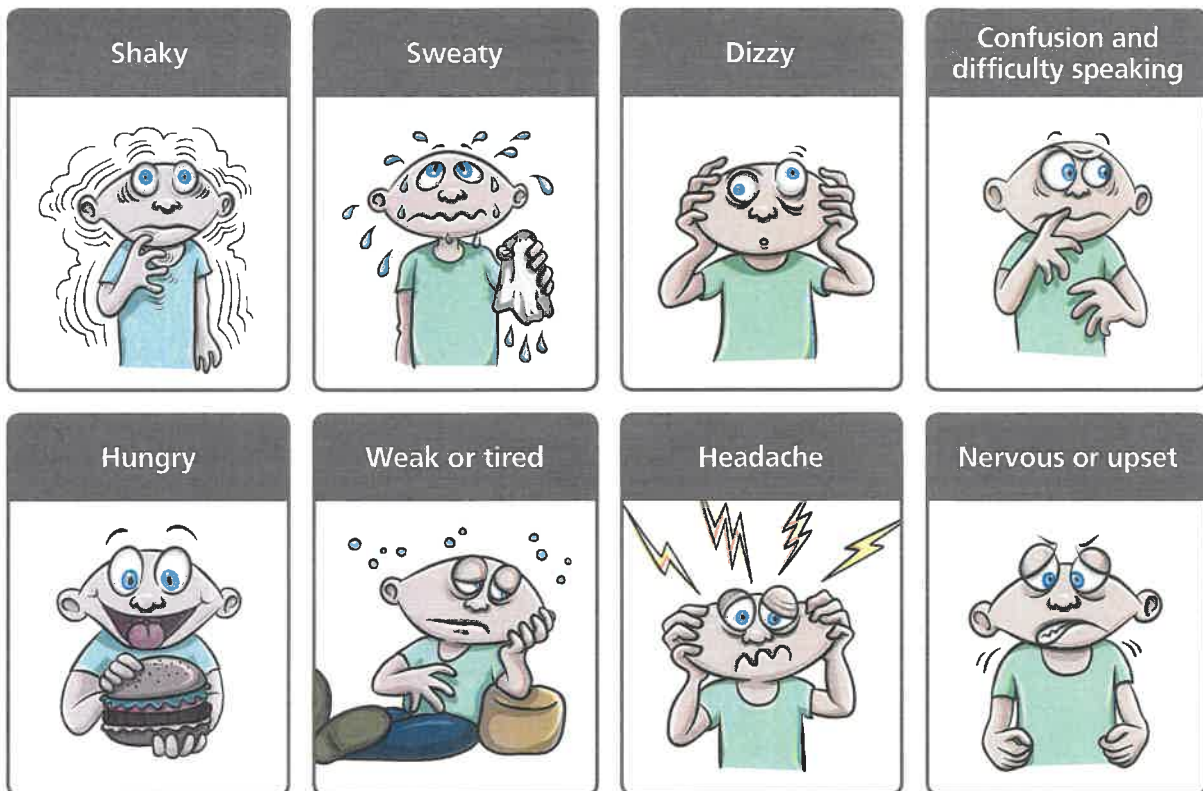
## Causes

You might get low blood sugar (also called hypoglycemia) if you:

- Take certain medicines and eat too few carbohydrates
- Skip or delay meals
- Take too much insulin or diabetes pills (ask your diabetes care team if this applies to you)
- Are more active than usual
- Are sick
- Drink alcohol without eating enough food

## Signs and Symptoms

Here's what may happen when your blood sugar is low:



Or you may have no symptoms at all.

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**If low blood sugar is not treated, it can become severe and cause you to pass out.  
If low blood sugar is a problem for you, talk to your doctor or diabetes care team.**

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# Low blood sugar (Hypoglycemia)

## What to do if you think you have low blood sugar

### Check



Check your blood sugar right away if you have any symptoms of low blood sugar. If you think your blood sugar is low but cannot check it at that time, treat anyway.

### Treat

Treat by eating or drinking **15 grams** of something high in sugar, such as:



4 ounces (½ cup) of regular fruit juice (like orange, apple, or grape juice)



4 glucose tablets or 1 tube of glucose gel



4 ounces (½ cup) of regular soda pop (not diet)

1 tablespoon of sugar, honey, or corn syrup



2 tablespoons of raisins

### Wait



Wait **15 minutes** and then check your blood sugar again:

- If it is still low, eat or drink something high in sugar again
- If your next meal is more than an hour away, eat a snack to keep your low blood sugar from coming back

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# High blood sugar (Hyperglycemia)

## Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems.

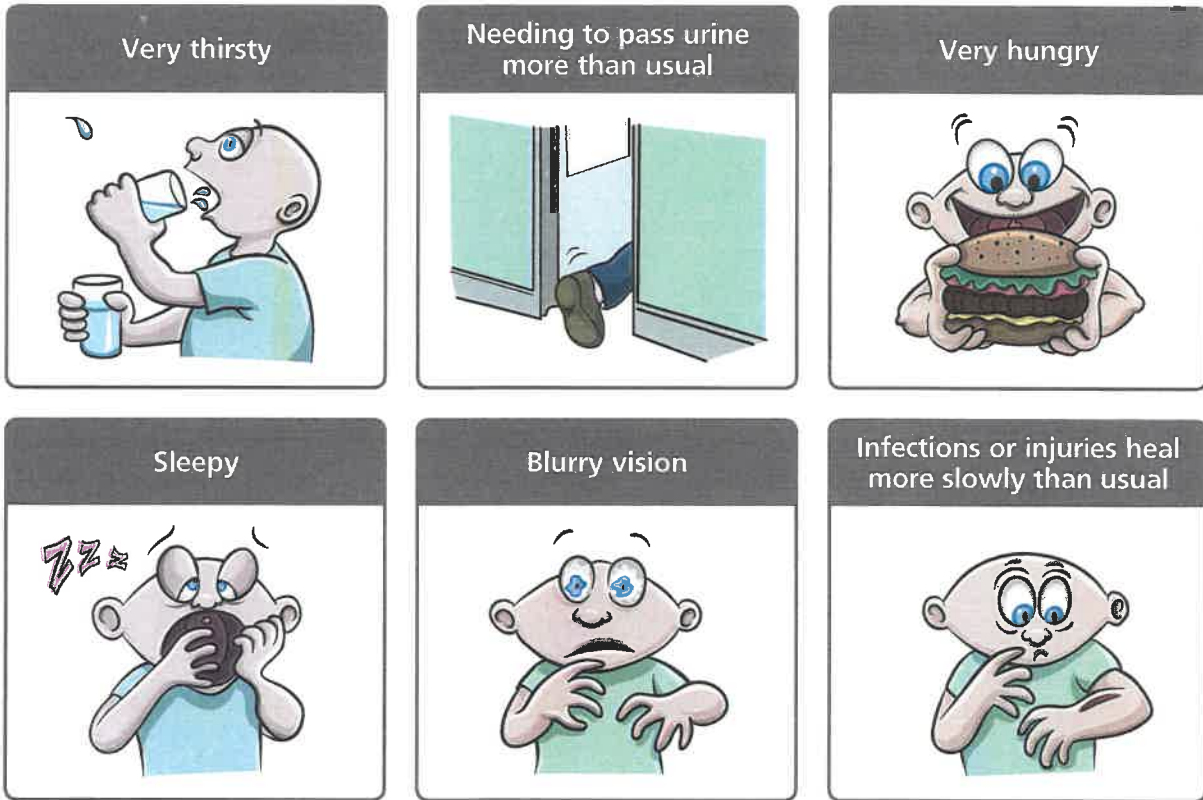
High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

High blood sugar can also happen as your diabetes changes over time.

## Signs and Symptoms

Here's what may happen when your blood sugar is high:



Or you may have no symptoms at all.



# High blood sugar (Hyperglycemia)

## What to do about high blood sugar

### Follow

The best way to avoid high blood sugar is to follow your diabetes care plan:

Take your medicines as directed



Follow your meal plan



Follow your physical activity plan



### Call

Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.



### Check



The best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

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