

High and Low Blood Glucose (hyperglycemia & hypoglycemia) Symptoms and Causes

High Blood Glucose Symptoms (Hyperglycemia)	High Blood Glucose Causes	Low Blood Glucose Symptoms (Hypoglycemia)	Low Blood Glucose Causes
Thirst Hunger Frequent urination Fatigue Nausea Blurred vision Headache Nervousness Confusion	Too much food Too little exercise Too little medicine Stress Illness Injury Short time between meals and snacks	Shakiness Sweaty Hunger Anxiety Nervousness Confusion Acting angry or irritable Slurred speech Headache	Too little food Too much medicine More activity than usual Too long between meals or snacks Alcohol



Examples of Treatments for Hypoglycemia (low blood glucose)



Food Item	Amount
Orange or apple juice	1/2 cup
Grape or cranberry juice	1/3 cup
Soft drink with sugar	1/2 cup
Honey or corn syrup	1 tablespoon
Sugar packets	4
Hard candies	3–4
Graham crackers	3
Raisins	2 tablespoons
Glucose tablets	3-4
Skim or low fat milk	1 cup

Within 15 minutes of treatment, you should feel better. Test your glucose. If it is still less than 70, or you don't feel better, take another 15 grams of fast-acting carbohydrate. If the blood glucose level does not improve after three of these treatments, call the doctor.

Preparing a School Plan For Your Child With Diabetes



At the beginning of each school year, sit down with school administrators, your child's teachers and coaches, and the school nurse to make a plan for your child's diabetes management at school.

The plan should include:

1. The schedule for checking blood glucose and taking insulin
2. Snack and meal times
3. Appropriate party foods
4. Typical signs and treatment of low blood glucose
5. Contact information for the parents and back-up support for emergencies
6. Designation of whom at school will help the child with diabetes care

