HYPERGLYCEMIA
(High Blood Glucose)

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

Onset: Gradual, may progress to diabetic coma.

SYMPTOMS

EXTREME THIRST
FREQUENT URINATION
DRY SKIN
HUNGER
BLURRED VISION
DROWSINESS
DECREASED HEALING

WHAT CAN YOU DO?

TEST BLOOD GLUCOSE

If over 200 mg/dL for several tests or for 2 days CALL YOUR DOCTOR

Concept developed by Rhoda Rogers, RN, BSN, CDE, Sunrise Community Health Center, Greeley, Colorado©Novo Nordisk Pharmaceuticals, Inc. 000-114 1998 Printed in U.S.A.
HYPOGLYCEMIA
(Low Blood Glucose)

Causes: Too little food, too much insulin or diabetes medicine, or extra activity.

Onset: Sudden, may progress to insulin shock.

SYMPTOMS

<table>
<thead>
<tr>
<th>SWEATING</th>
<th>DIZZINESS</th>
<th>ANXIOUS</th>
<th>HUNGER</th>
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</thead>
<tbody>
<tr>
<td>IMPAIRED VISION</td>
<td>WEAKNESS</td>
<td>FATIGUE</td>
<td>HEADACHE</td>
</tr>
</tbody>
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WHAT CAN YOU DO?

Drink 1/2 glass of juice or regular soft drink, or 1 glass of milk, or eat some soft candies (not chocolate).

Within 30 minutes after treatment, TEST BLOOD GLUCOSE. If symptoms don't stop, call your doctor.

Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk).

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