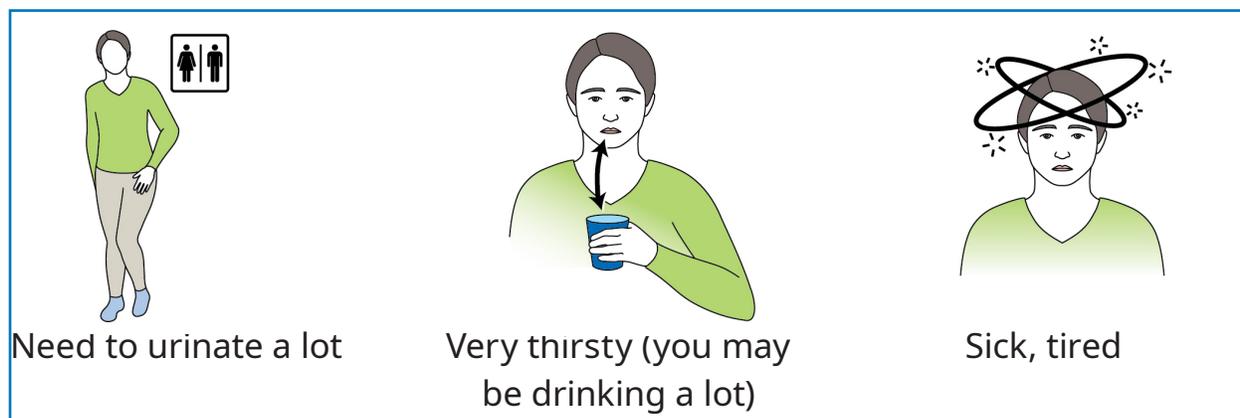


Hyperglycemia

(High Blood Sugars – Blood Sugars Over 11 mmol/L)

How you may feel:



What to do if your sugar levels are high:

Check your sugars more often:

- ✓ 4 times a day or more (before meals and bedtime)

Follow the treatment your health care team planned for you.

Call your doctor or go to the emergency room if:

- You throw up when you drink fluids (more than 2 times in 12 hours)
- You are not as alert as usual or you feel drowsy or tired

If your blood sugars levels are often high or they stay high, call your doctor or diabetes team.

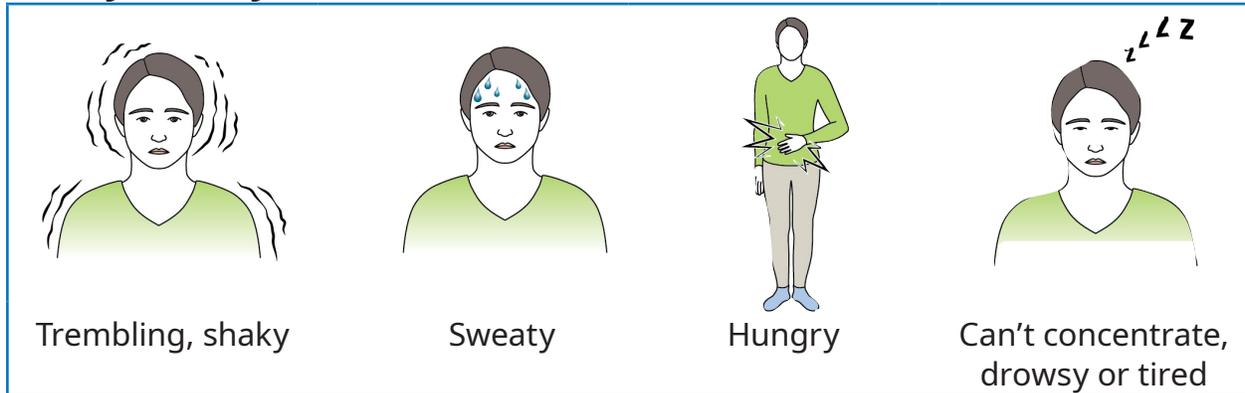
Reasons for having high blood sugars:

- food, activity and medications not balanced
- stress or illness
- steroids or anti-rejection medication

Hypoglycemia

(Low Blood Sugars – Blood Sugar Less Than 4 mmol/L)

How you may feel:



Symptoms of very low sugar:

- confusion
- seizure
- loss of consciousness

You need to treat the symptoms. Teach others when to get help for you.

What to do:

1. Take 15 grams of glucose. Examples:
 - 4 glucose tablets (such as Dex 4 glucose tablets)
 - 3/4 cup (175 ml) of juice or regular soft drink
 - 1 tablespoon (15 ml) or 5 packets of table sugar
2. Wait 15 minutes. Then check your blood sugar again.
3. If your blood sugar is less than 4 mmol/L, take another 15 grams of glucose.
4. If your meal is more than 1 hour away, eat a snack with 15 grams of carbohydrate and a source of protein. For example, half a sandwich or 6 soda crackers and cheese.

Reasons for having low blood sugars:

- food, activity and medications are not balanced
- missed a meal or waited too long to eat
- lost weight
- took too much medication