

How to manage high and low blood sugar

Hyperglycemia (high blood sugar)

Treatment



Drink plenty of water.
Don't drink fruit juice.



Take a walk.



Take prescribed
medications on time.



Call your healthcare provider
if you can't eat, or your blood
sugar doesn't return to your
target range.

Prevention



Check blood sugar
regularly.



Balance your
meals. Practice
portion control.



Drink plenty of
water throughout
the day.



Exercise
regularly.



Aim for 7-9
hours of sleep
each night.

Hypoglycemia (low blood sugar)

Treatment



1.

Eat 15 grams
of fast-acting
carbohydrate.



2.

Wait 15 minutes.
Recheck blood sugar.



3.

If you're still hypoglycemic,
repeat treatment. Wait
another 15 minutes before
rechecking blood sugar.



Important:

If your symptoms are severe and
you are unable to swallow, have a
coworker, neighbor, or family
member call 911 and give you
glucagon if it's available.

**15 grams of fast-acting
carbohydrate includes:**

1/2 cup (4 oz) juice
or regular soda

3-4 glucose
tablets

1 Tbsp sugar, honey,
or maple syrup

Prevention



Avoid skipping meals.
Eat on a regular schedule.
Keep snacks and
fast-acting sugar handy.



Ask your doctor about
new medications.
Take diabetes
medications on time.



Check blood sugar
before and after
physical activity. Adjust
medication as needed.



Have a meal or snack
during and after
drinking alcohol.
Drink in moderation.