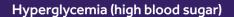


How to manage high and low blood sugar



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



Eat 15 grams of fast-acting carbohydrate.



Wait 15 minutes. Recheck blood sugar.



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.