Symptoms of Low Blood Sugar (hypoglycemia)

**Causes:** Too little food, more than five hours from last meal, too much insulin or diabetes medicine, too much physical activity or alcohol

**Onset:** Sudden. May pass out if untreated.

**Blood sugar:** Below 70 mg/dl

**Symptoms**

- Shaking
- Sweating
- Rapid Heartbeat
- Headache
- Hunger
- Weakness, Fatigue
- Impaired Vision
- Anxious
- Irritable
- Dizziness

**Recommended Action**

- Check your blood sugar.
  - If it is below 70 drink one-half to one cup juice, skim milk or regular soda, or chew five to six hard candies or four glucose tablets, or swallow one tube of glucose gel.

- Check your blood sugar in 15 minutes. If still below 70, take more sugar. If symptoms don’t stop, call your doctor.

- Eat a snack or meal within 30 minutes.

If you have two lows on the same day or three lows in one week, call your doctor.

To learn more about Scripps Diabetes Care, visit [scripps.org/diabetesinfo](http://scripps.org/diabetesinfo) or call 1-877-944-8843.
Symptoms of High Blood Sugar (hyperglycemia)

**Causes:** Too much food, not enough medication, illness, surgery, stress, pain, infection or steroids  
**Onset:** Gradual. May progress to diabetic coma.  
**Blood Sugar:** Above 180 mg/dl

### Symptoms

- Nausea  
- Drowsiness  
- Blurred Vision  
- Dry Skin  
- Hunger  
- Extreme Thirst  
- Frequent Urination

### Recommended Action

- Check your blood sugar.  
- If your blood sugar is above 250 mg/dl for two days, call your doctor.

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