

Hypoglycemia (Low Blood Glucose)

Causes:

Too little food or skipping a meal; too much insulin or diabetes medicine; more active than usual.

Onset:

Often sudden.

Some symptoms:

- Sweatiness
- Headache
- Mood changes
- Hunger
- Shakiness
- Slurred speech
- Blurred Vision
- Dizziness or light-headedness
- Trouble concentrating or confusion
- Irritability
- Fast heartbeat
- Tingling of lips or tongue
- Anxiety

What can you do?

CHECK their blood glucose right away. If you can't check, treat anyway.

TREAT: Ask the child's doctor how to treat low blood glucose.

CHECK: Ask the child's doctor when to check blood glucose after treatment and what the child's blood glucose should be.

When to check: _____

After treatment target level: _____

If low blood glucose is left untreated, the child may pass out and need medical help.

Hyperglycemia (High Blood Glucose)

Causes:

Too much food; too little insulin; changing medicines; illness; stress; excitement.

Onset:

Often starts slowly.

Some symptoms:

- Breathing difficulties
- Frequent urination
- Loss of appetite
- Drowsiness
- Increased thirst
- Nausea, vomiting, or stomach pain
- Fruity-smelling breath

What can you do?

CHECK blood glucose.

TREAT: Ask the child's doctor how to treat high blood glucose.

CHECK: Ask the child's doctor when to check blood glucose after treatment and what the child's blood glucose should be.

When to check: _____

After treatment target level: _____

High blood glucose may lead to a medical emergency if not treated.