



NavicentHealth
Everything about us is all about *you*.

BLOOD GLUCOSE

Hyperglycemia: High Blood Glucose (BG)

Any reading above your target range. Any reading over 200.

Causes:

- Not enough medicines or missed dose
- Not enough or decreased exercise
- Sleep apnea or not sleeping
- Steroids
- Stress/illness/surgery
- Too much food

Symptoms:

- Blurred vision
- Increased tiredness
- Increased hunger
- Increased urination
- Increased thirst

Treatment:

1. Always check BG right away-check every four hours until normal.
2. Drink water or sugar free liquid.
3. If BG is less than 250 and you are well - mild exercise such as walking can lower BG.
4. Call your doctor if BG is not going down after two checks or if you get worse.

Hypoglycemia: Low Blood Glucose (BG)

Any reading at 70 or below.

Causes:

- Drinking alcohol without eating
- Too much medicine
- Not enough food or missed meals
- Too much or increase exercise

Symptoms:

- Confusion or irritability
- Headache
- Dizziness
- Shakiness
- Hard/fast heartbeat
- Sweating or cold/clammy skin

Treatment:

1. Always check BG right away.
2. Eat or drink 15 grams of fast-acting sugar (½ cup of juice, 3-4 glucose tablets, 6 oz. regular soda).
Check BG after 15 minutes to see if fast-acting sugar worked: If BG still low, repeat 15 grams of fast-acting sugar. Once BG comes up, eat a small snack if you next meal is more than 30 minutes away.
3. Call your provider if BG does not respond to treatment with fast-acting sugar.

Sick Day Plan

1. Continue to taking your medication as prescribed.
2. Check urine ketones if blood glucose is 240 mg/dl or higher.
3. Eat regularly (soup, toast, and sips of juice are good choices if your stomach is upset).
4. Check your blood glucose every three to four hours.
5. Drink plenty of liquids.
6. Call your doctor if your pre-meal blood glucose level is over 240mg/dl, and stays that high for over 24 hours, or if you have been vomiting or experiencing diarrhea for over 6 hours.