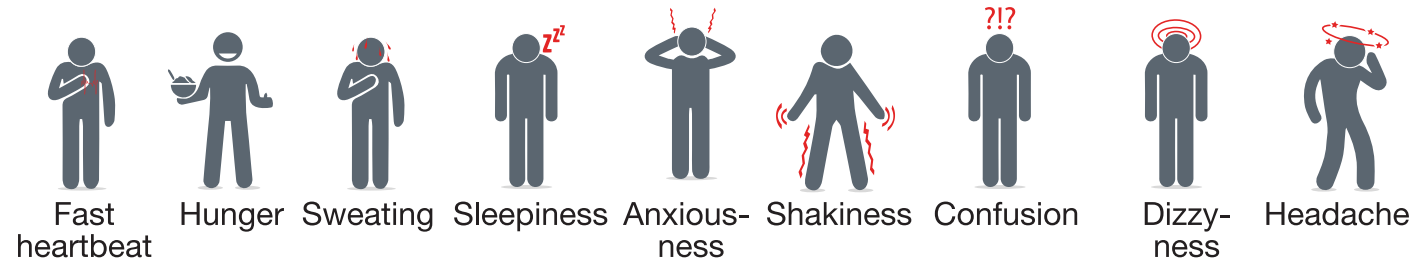


# Blood Sugar Too High or Too Low?

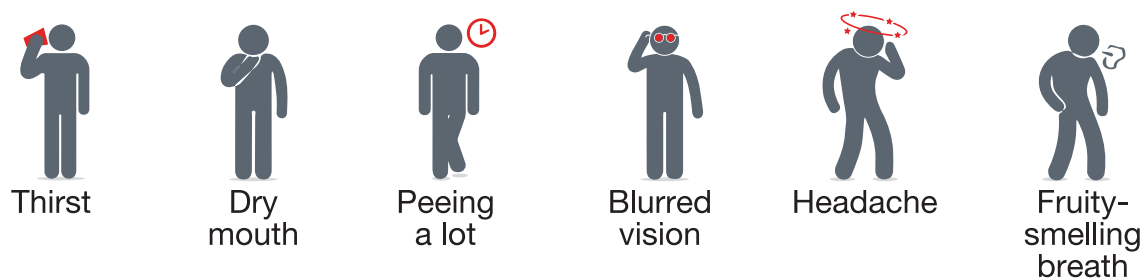
It is important to keep your blood sugar from becoming too low (hypoglycemia) or too high (hyperglycemia).

## Hypoglycemia



Having too little blood sugar can make you feel weak, shaky, or jittery, while having too much blood sugar for a long time can cause problems with your eyes, kidneys, and blood flow. If you notice changes in your mood or feel confused, you should check your blood sugar, or have someone help you check it.

## Hyperglycemia



**If you are unaware of when your blood sugar is too low or too high,** checking your blood sugar with a blood glucose (sugar) meter will help you know if it is too low or too high.



## Your blood sugar can change based on:

What you eat or drink and how often you eat or drink, including alcoholic beverages



When and how much you exercise



When you take your diabetes medicine



Some medicines you take, such as steroids or liquid medicines that contain sugar



Stress, illness, and travel



Your doctor and healthcare team will help decide your own blood sugar goals. The ranges for healthy blood sugar levels for most non-pregnant adults with diabetes are:<sup>1,4</sup>

**Between 80-130 mg/dL, before a meal and less than 180 mg/dL, 2 hours after a meal.**

### 15-15 Rule

If your blood sugar **falls below 70 mg/dL**, then eat something with sugar in it, such as juice, hard candy, or fast-acting glucose (sugar), which provides a pre-measured dose of 15 grams of carbohydrate.<sup>2</sup>



Test your blood sugar again **after 15 minutes.**



If it is still below 70 mg/dL, eat another serving and continue these steps until your blood sugar is at least 70 mg/dL. Contact your healthcare provider, especially if your blood sugar **falls below 54 mg/dL.**<sup>1,3</sup>



If your blood sugar is higher than normal, then you need to think about what you ate, if you took your medicine at the right time and took the right amount, or if there was some change in your exercise.

If your sugar is too high too often, then your medicine might need to be changed. If your blood sugar is **above 240 mg/dL**, even after taking your diabetes medicine, you should **contact your healthcare provider.**<sup>4</sup>

1. American Diabetes Association. Standards of medical care in diabetes – 2019. Diabetes Care. 2019; Vol. 42 (Suppl. 1): S66 -S67

2. American Diabetes Association. Hypoglycemia. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>. Updated February 11, 2019. Accessed February 13, 2019.

3. Heller, Simon R.. Glucose Concentrations of Less Than 3.0 mmol/L (54 mg/dL) Should Be Reported in Clinical Trials: A Joint Position Statement of the American Diabetes Association and the European Association for the Study of Diabetes. Issues Discussed were Developed by the International Hypoglycemia Study Group. Diabetes Care 2017; Vol. 40 (no. 1): 155-156

4. Mayo Clinic. Hyperglycemia in Diabetes. <http://www.mayoclinic.org/diseases-conditions/hyperglycemia/diagnosis-treatment/drc-20373635>. Updated November 3, 2018. Accessed February 27, 2019.