

PRECAUTIONS AND RECOMMENDATIONS

Monitor blood glucose as recommended by your health team.

- Try to keep your medication schedule, meals and insulin injections regular.
- Monitor your glucose level before physical exercise.
- Avoid alcohol consumption.
- Inform family, friends, and study or work colleagues about what to do in case of severe hypoglycemia.
- Always carry sugar with you (candy, juice, sugar cubes...).
- Carry something with you that identifies you as a person with diabetes.
- Do not drive or operate heavy machinery if you have frequent hypoglycemia

WORK MADE BY:

- Félix Molina González.
- Clara Montero Martínez.
- Óscar Ávila Gómez.

Reviewed by Emilia Rosa Camacho
Diabetes Nurse Educator

Unidad Medicina Interna

Hospital Costa del Sol
Autovía A7, Km 187
29603 Marbella (Málaga)
Telf: 951976669-951976670
www.hcs.es



HYPOGLYCEMIA AND HYPERGLYCEMIA

Unidad de Medicina Interna



Junta de Andalucía
Consejería de Salud y Familias
SERVICIO ANDALUZ DE SALUD

HYPOGLYCEMIA

DEFINITION

We speak of hypoglycemia when the blood sugar level is below 70 mg/dl.

SYMPTOMS

- Exhaustion or dizziness.
- Shaking.
- Sweating.
- Hunger.
- Confusion.

CAUSES

- Taking too much insulin or diabetes medication.
- Not eating enough.
- Increasing exercise or physical activity.
- Drinking alcohol.

HOW TO TREAT LOW BLOOD SUGAR

Follow the 15-15 rule: have 15 grams of carbs and check your blood sugar after 15 minutes. If it's still below your target range, have another 15 grams.

1 tbsp honey (4 tsp sugar)



2 or 3 glucose tablets (5 g each)



4 oz of juice or soda (½ cup)



Injectable glucagon is the best way to treat severely low blood sugar. Let family members and others close to you know how to use it too.



HYPERGLYCEMIA

DEFINITION

Hyperglycemia, or high blood glucose, occurs when there is too much sugar in the blood.

SYMPTOMS

- Some people feel nothing, others may notice:
- Dry mouth.
- Increased thirst.
- Frequent urination.
- Increased hunger.
- Unexplained weight loss.

CAUSES

- Using an insufficient amount of medication (insulin or oral antidiabetics).
- Eat more than usual.
- Exercising less than recommended.
- Stress from an illness, such as a cold or flu.

HOW TO TREAT HYPERGLUCEMIA

- Maintain adequate hydration (2-3 liters/day).
- Increase the frequency of self-tests to 3 or more times a day and monitor urine for acetone.



PREVENTION OF HYPO AND HYPERGLYCEMIA

- Get your meal and physical activity plan right.
- Adjust your medication if you increase or reduce your physical activity or meals.
- Measure medication carefully, and take it on time.
- Control your weight and blood pressure.
- Monitor your blood sugar and urine acetone.

WHEN GO TO THE HOSPITAL:

- Blood glucose over 500 mg/dl.
- Severe urine acetone: higher than ++.
- Uncontrolled vomiting.
- Difficulty breathing
- Confusion or changes in mental status.
- Dehydration.
- No improvement with usual self-monitoring measures.

