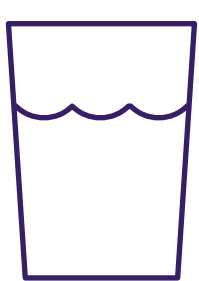




# How to manage high and low blood sugar

## Hyperglycemia (high blood sugar)

### Treatment



Drink plenty of water.  
Don't drink fruit juice.



Take a walk.

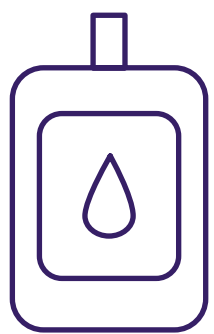


Take prescribed  
medications on time.

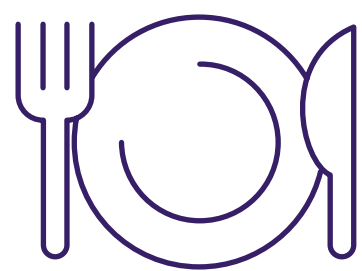


Call your healthcare provider  
if you can't eat, or your blood  
sugar doesn't return to your  
target range.

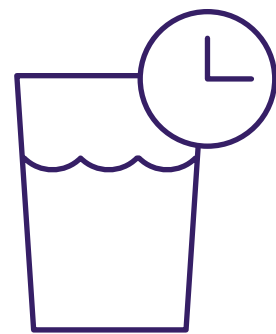
### Prevention



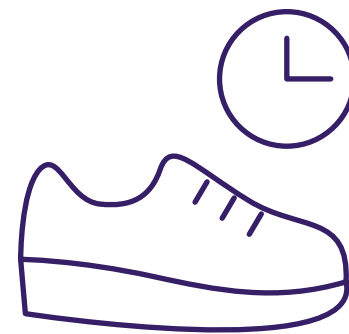
Check blood sugar  
regularly.



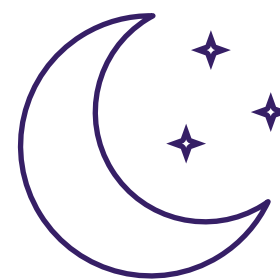
Balance your  
meals. Practice  
portion control.



Drink plenty of  
water throughout  
the day.



Exercise  
regularly.



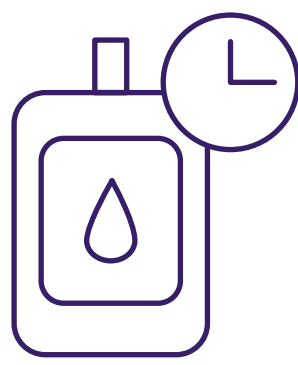
Aim for 7-9  
hours of sleep  
each night.

## Hypoglycemia (low blood sugar)

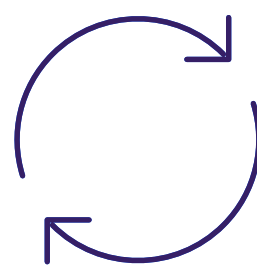
### Treatment



**1.**  
Eat 15 grams of  
fast-acting  
carbohydrate.



**2.**  
Wait 15 minutes.  
Recheck blood sugar.



**3.**  
If you're still hypoglycemic,  
repeat treatment. Wait  
another 15 minutes before  
rechecking blood sugar.



**Important:**  
If your symptoms are severe and  
you are unable to swallow, have  
a coworker, neighbor, or family  
member call 911 and give you  
glucagon if it's available.

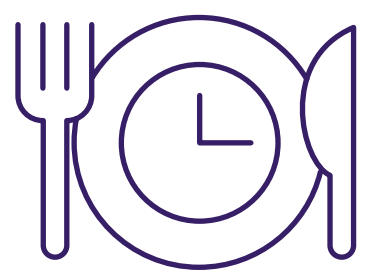
**15 grams of fast-acting  
carbohydrate includes:**

1/2 cup (120 ml)  
juice or regular soda

3-4 glucose  
tablets

1 Tbsp sugar, honey,  
or maple syrup

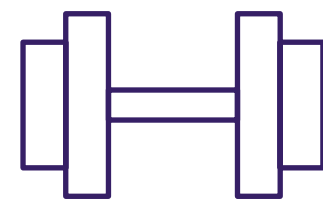
### Prevention



Avoid skipping meals.  
Eat on a regular schedule.  
Keep snacks and  
fast-acting sugar handy.



Ask your doctor about  
new medications.  
Take diabetes  
medications on time.



Check blood sugar  
before and after  
physical activity. Adjust  
medication as needed.



Have a meal or snack  
during and after  
drinking alcohol.  
Drink in moderation.