

...Know the difference

HIGH BLOOD SUGAR

(Symptoms noticed within
hours to several days)

Watch for:

- increased thirst and urination
- large amounts of sugar in the blood
- ketones in urine
- weakness, pains in stomach, aching all over
- heavy, labored breathing
- loss of appetite, nausea and vomiting
- fatigue

What to do:

- call doctor immediately
- take fluids *without sugar* if able to swallow
- test blood sugar frequently
- test urine for ketones

Causes:

- not enough insulin
- too much food
- infection, fever, illness
- emotional stress

(Symptoms noticed within
minutes to hours)

Watch for:

- cold sweats, faintness, dizziness
- headache
- pounding of heart, trembling, nervousness
- blurred vision
- hunger
- inability to awaken
- grouchiness
- personality change

What to do:

- take 2-3 B-D Glucose Tablets, liquids or food containing sugar (e.g. orange juice, regular soda)
- check blood sugar level
- do not give insulin
- do not give anything by mouth if unconscious
- if unconscious, give Glucagon according to package directions
- call doctor

Causes:

- too much insulin
- not enough food
- unusual amount of exercise
- delayed meal

LOW BLOOD SUGAR

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