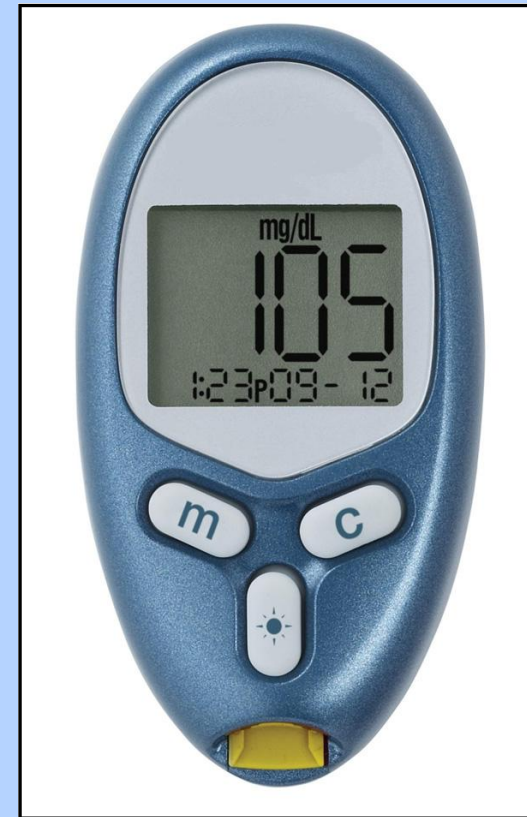


ADA Recommended Target Goals

- . Before Meals
70 - 130 mg/dl
- . Two hours after meals
< 180 mg/dl
- . Bedtime
110 - 150 mg/dl



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If you have any questions, call us at 1-800-334-5254

Know the Difference

HYPOGLYCEMIA (INSULIN REACTION)

(Signs and symptoms occur very quickly - within minutes)

Watch for:

- Cold Sweat
- Headache
- Pounding of heart, trembling, nervousness
- Blurred vision
- Hunger
- Irritability
- Personality change
- Not able to awaken

What to do:

- Check blood sugar if possible
- Take liquids or foods containing sugar
- Wait 15 minutes and retest blood sugar
- If blood sugar is still less than 60 mg/dl, treat with liquids/foods containing glucose. Follow with next meal or snack
- Do not give anything by mouth if not conscious
- If unconscious give glucagons according to package directions and call local Emergency Medical Services
- Report all moderate or severe reactions to Doctor

Causes:

- Too much insulin
- Not eating enough food
- Unusual amount of exercise
- Delayed meal
- Drinking alcohol without eating food

**LOW
BLOOD
SUGAR**

**HIGH
BLOOD
SUGAR**

HYPERGLYCEMIA

(Signs and symptoms occur very slowly over hours to days)

Watch for:

- Increased thirst and urination
- Large amounts of sugar in the blood
- Ketones in urine
- Weakness, stomach pains, general aches
- Heavy, labored breathing
- Loss of appetite, nausea and vomiting
- Fatigue

What to do:

- Call doctor immediately
- Drink fluids without sugar if able to swallow
- Test blood sugar frequently
- Test urine for Ketones if blood sugar is greater than 300 mg/dl
- If using an insulin pump, change the infusion set, reservoir and insulin
- If insulin pump supplies are not available, give regular insulin via insulin syringe according to prescribed sliding scale

Causes:

- Not enough insulin
- Too much food
- Infections, fever, illness
- Emotional stress

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