Some Symptoms:

SHAKY  FAST  HEARTBEAT  SWEATING
DIZZY  ANXIOUS  HUNGRY  BLURRY VISION
WEAKNESS OR FATIGUE  HEADACHE  IRRITABLE

Causes: Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.
Onset: Often sudden.

What Can You

CHECK your blood glucose, right away. If you can’t check, treat anyway.
TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.
CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don’t stop, call your healthcare provider.

IF LOW BLOOD GLUCOSE IS LEFT UNTREATED, YOU MAY PASS OUT AND NEED MEDICAL HELP.

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.
Hyperglycemia (High Blood Glucose)

**Causes:** Too much food, too little insulin or diabetes pills, illness, or stress.

**Onset:** Often starts slowly.

Some Symptoms:

- Extreme Thirst
- Need to Urinate Often
- Dry Skin
- Hungry
- Blurry Vision
- Drowsy
- Slow Healing Wounds

*HIGH BLOOD GLUCOSE MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.*

What Can You Do?

If your blood glucose levels are higher than your goal for three days and you don’t know why, **CALL YOUR HEALTHCARE PROVIDER**

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.