

Blood Sugar Too High or Too Low?

Keeping your blood sugar in control helps you stay healthy and feel good.

“Hypoglycemia” is when your blood sugar is too low.

“Hypo” means “low” and “glycemia” means “sugar.” Hypoglycemia can happen when you:

- Do not eat enough
- Skip a meal
- Exercise without eating
- Eat later than normal
- Drink alcohol
- Take too much medicine
- Get sick

This can make you feel dizzy, shaky, weak and cause your heart to beat fast. You might not be able to see well and your fingers may feel numb.

If you test your blood sugar and it is less than 70, then have some fruit juice, milk, crackers or something sweet.

Test your blood sugar again in 15 minutes. If your blood sugar is still low, then contact your healthcare provider.



“Hyperglycemia” is when your blood sugar is too high.

“Hyper” means “high” and “glycemia” means “sugar.” Hyperglycemia can happen when you:

- Eat too much food
- Do not exercise
- Forget to take your medicine
- Take the wrong amount of medicine
- Are under stress
- Are sick

This can make you feel tired or thirsty, and can cause blurry vision, hunger, and headaches. Sometimes if your sugar is high for a long time, then you may have to pee a lot. It might take cuts or sores a longer time to heal.

If your blood sugar is high, then you need to think about what you ate, if you ate more than usual, if you took your medicine or the right amount of medicine, or if there was some change in your exercise. If your sugar is high, then your medicine might need to be changed. If your blood sugar is more than 400, then you need to see a healthcare provider right away.

