

## LOW BLOOD SUGAR

**Rapid onset (Blood sugar under 3.5-4.0 mmol/l)**

### SYMPTOMS:

- Sweating, headache, feeling dizzy
- Hunger
- Trembling
- Rapid heartbeat
- Concentration difficulties
- Irritation, aggressiveness
- Drowsiness

### TREATMENT:

- **With mild symptoms** take dextrose tablets, or liquid carbohydrates such as sugar-sweetened beverages or juices.
- **With rapid onset** of symptoms or if they persist for more than 10–15 min, repeat/take more carbohydrates.

If your next meal is in more than 30-45 minutes you may need to eat a snack to prevent symptoms coming back.

No liquids if the person is unable to swallow.

- With symptoms such as cramps or loss of consciousness, **contact a doctor/hospital immediately!**

### CAUSES:

- Excessive insulin intake
- Lack of food intake, delayed meal
- Physical activity without extra intake of carbohydrates or reduced insulin dose
- Alcohol

## HIGH BLOOD SUGAR

**Ketoacidosis, slow onset**

### SYMPTOMS:

- Increased thirst
- Increased quantities of urine
- Tiredness
- Blurred vision
- Loss of appetite
- Nausea
- Vomiting
- Stomach pains
- Breath smells of acetone
- Shortness of breath

### TREATMENT:

- Measure blood sugar and blood ketones
- Administer insulin and, if necessary, fast carbohydrates
- Seek medical attention and hospital care

### CAUSES:

- Infection, temperature
- Lack of insulin intake
- Incorrect proportions of food and insulin intake
- Faulty supply in the insulin pump
- Treatment with SGLT-2 inhibitors can conceal ketoacidosis

My doctor's/nurse's telephone number