



YOUR HEALTH, OUR PRIORITY

SEVERE HYPOGLYCEMIA

What is severe hypoglycemia?

Very low blood sugar (usually below 70 on the glucometer)

What causes severe hypoglycemia?

It may be caused by too much insulin or certain diabetes pills, alone, or with too little or delayed food, excessive physical activity, alcohol, drugs, over-the-counter medication, or any of these combined.



Signs of Severe Hypoglycemia

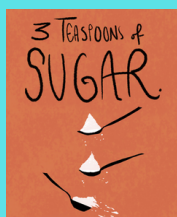
(Many symptoms resemble intoxication and can develop rapidly)

- Shakiness
- Nervousness or anxiety
- Sweating, and clamminess
- Mood swings (irritability, anger, bad temper, combativeness)
- Confusion
- Rapid/fast heartbeat
- Light-headedness or dizziness
- Pale skin (color draining from the skin)
- Sleepiness
- Blurred or impaired vision
- Lack of coordination, clumsiness
- Bizarre behavior
- Seizures
- Unconsciousness

If Severe Hypoglycemia Is Suspected

- Immediate Action if the person's swallow is safe (alert and speaking)
 - Give sugar (e.g., ½ can full-sugar soda, ½ cup regular fruit juice, or 3–4 glucose tablets)
- Important Warning:
- ⚠ **Do NOT give food or drink to someone who cannot swallow.**
- ⚠ **Immediately seek medical attention.**

EXAMPLES OF SUGAR SUBSTITUTES TO USE IN HYPOGLYCEMIA



SEVERE HYPERGLYCEMIA

What is severe hyperglycemia?

Very high blood sugar

It may lead to Diabetic Coma if untreated

What causes severe hyperglycemia?

It may be caused by

- insufficient or a lack of insulin
- illness, such as an infection, or heart attack or stroke
- severe dehydration



SIGNS OF SEVERE HYPERGLYCEMIA

The following signs and symptoms of very high blood sugar may require first aid. They can be gradual in onset:

- Drowsiness, sleepiness
- Confusion
- Extreme thirst
- Very frequent urination
- Flushed skin
- Fruity breath odor (may be mistaken for alcohol)
- Heavy breathing
- Vomiting
- Eventual unconsciousness

If Severe Hyperglycemia Is Suspected and the person is responsive:

1. Permit them to test blood glucose.
2. Allow them to drink water.
3. Ensure immediate access to a bathroom.
4. Let them administer insulin if needed.
5. Ask if medical attention is required.

Warning:

⚠ If the person is unresponsive, immediately seek medical attention.



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