

Highs & Lows

As part of your care you may have been asked to monitor your blood glucose level by your diabetes team.

Pre-meal glucose levels should ideally be between 3.9 - 7 mmol/L if on medication.



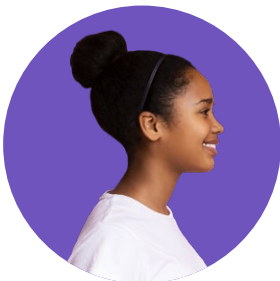
Post-meal levels



Your healthcare team will be able to advise you on your individual target levels.

Hypoglycaemia

If you are on medication which lowers your blood glucose level and your level drops below 3.9 mmol/L, this is called hypoglycaemia and is commonly referred to as a 'hypo'.



Your diabetes team will inform you whether the medication you are taking can cause hypoglycaemia.



Symptoms

Symptoms of hypos can differ from person to person. You will learn to recognise your own hypo symptoms.



Shaking

Symptoms can include:

Sweating



Difficulty concentrating

Hunger

Feeling anxious

Dizziness



Blurry vision



Treatment

You should treat a hypo immediately by eating or drinking around 15-20g of fast acting carbohydrates, such as:

1 bottle of glucojuice

250ml of Lucozade energy drink

3-4 jelly babies

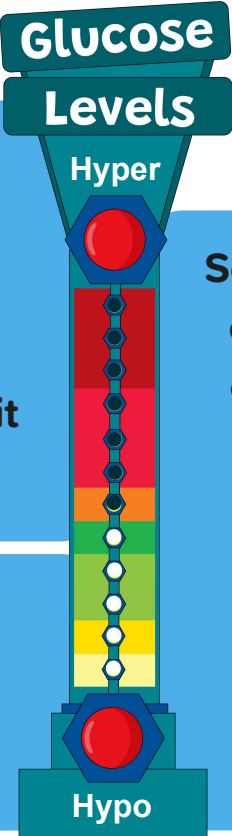
5 glucose tablets

A fun size cola can

Chocolate, cookies, honey and crisps are not appropriate hypo treatments as they take too long to raise glucose levels.

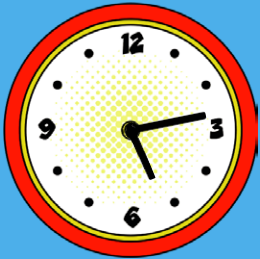


Following your hypo treatment, you should check your blood glucose again after 10-15 minutes to see if it is above 3.9mmol/L



Sometimes a hypo treatment can cause high blood glucose later on, so keep checking regularly and make sure you don't overtreat your hypo.

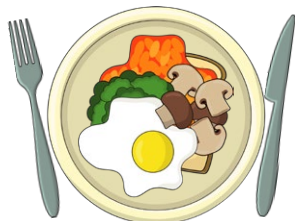
If it remains below 3.9mmol/L, treat again as before.



Hyperglycaemia

When your blood glucose levels are too high, this is called hyperglycemia and is commonly referred to as a 'hyper' or simply 'high'.

High blood glucose levels are above 7mmol/L before a meal or above 10mmol/L 2 hours after eating a meal.



Generally, people with type 2 diabetes do not routinely need to correct higher glucose levels.

If you take rapid acting insulin before your meals, your diabetes team may ask you to correct glucose levels by giving yourself another injection of insulin or giving yourself more insulin with your meals.

Symptoms

If your blood glucose levels are high, some common symptoms are:



Feeling thirsty

Feeling sick



Having trouble concentrating

Having a headache

Blurry vision



Feeling shaky

Needing to wee a lot

It is important to inform your diabetes team if your glucose levels are regularly above your target range, so they can advise you on the most appropriate treatment. This is in order to avoid complications with your health.

Top Tips for managing your blood glucose

Knowing what your blood glucose levels are, is an essential part of diabetes management.



Get good sleep

Check on your emotional wellbeing

Get regular exercise



Your diabetes team will be able to advise you on how regularly you need to monitor as this will depend on the treatment you are on.



Monitor your glucose levels with a blood glucose meter or by wearing a glucose sensor.

If you are worried about lower or higher glucose levels, speak to your diabetes team about making adjustments to your treatment.