

High blood sugar

If you have too much sugar in your blood, you become hyperglycaemic or 'hyper'. You may feel thirsty, tired, need to use the toilet frequently or have blurred vision.

What can raise blood sugar levels?



- Eating.
- Illness.
- Stress (although it can lower blood sugar in some people).
- Exercise (if you don't have enough insulin available).
- Smoking (it makes you less sensitive to insulin).

Low blood sugar

If your blood sugar level is too low, you can become hypoglycaemic or 'hypo'. You may feel dizzy, shaky or sweaty.

- Eat or drink something sugary at once to bring your levels back up.
- Then eat something with carbohydrates such as a biscuit or sandwich.

What can lower blood sugar levels?



- The insulin you inject.
- Some diabetes tablets.
- Exercise.
- Missed or delayed meals or snacks.
- Alcohol.



Anyone who uses an Abbott Diabetes Care meter can become a member of our **Friends for Life programme.**

Once a member, you are entitled to:

- FREE help and advice
- FREE replacement products and batteries
- FREE monitoring support
- FREE educational materials

To join, send back the warranty card that came with your Abbott Diabetes Care meter. Or, call the Customer Care Line or register online at **www.friendsforlife.org.uk**

UK Customer Care Line – 0500 467 466

(Mon-Fri, 8am-5.30pm)

Ireland Customer Care Line – 1 800 776633

(Mon-Fri, 8am-5.30pm)

Leaflet produced by Abbott Diabetes Care, manufacturer of



FreeStyle mini
Blood Glucose Monitoring System



Optium Xceed™

Ask your nurse or pharmacist for more information



The highs and lows of blood sugar



Taking control

When you have diabetes, you are encouraged to manage your lifestyle to keep your sugar (glucose) levels as smooth as possible, avoiding high peaks and low troughs.

But life is complicated and there are a number of things that make blood sugar levels rise and fall. This booklet is designed to help you to recognise some of the more common reasons and help you decide what to do.

You need to find out what affects your levels, so that you can take appropriate steps to manage them. The only way to get this information is through regular blood sugar testing.

Avoiding hypos:

- Eat on time - missed or late meals are the most common cause of hypos.
- Monitor your blood sugar regularly - your insulin dose or tablets may need to be adjusted.
- Do extra tests if you are worried, for example:
 - During the night.
 - Before and after exercise.
- Make sure all your friends and relatives can recognise a hypo and know how to help you.

Driving and hypoglycaemia

- Do not drive unless you have tested your blood sugar before you set off and your levels are OK. Stop to test again and eat a snack every two hours. Keep snacks and glucose tablets in the car with you.

What happens when you are ill?

- Your body needs more energy to fight the illness, particularly if you have a fever, and it makes sugar from its stores.
- You must keep drinking fluids and taking your insulin, even if you cannot eat at all.
- Without insulin, your body uses fat for energy. This causes a rise in **ketones** in your blood.
- High levels of ketones can make you very unwell.

If your blood sugar goes above 16.7mmol/L you must monitor for ketones.

Illness - the essentials

- Don't stop taking your insulin or your tablets.
- Keep up your carbohydrate intake by snacking little and often. Try soup, or if you really can't eat, drink milk or fruit juice.
- Drink plenty of water or unsweetened fluids to stop you becoming dehydrated.
- **Keep testing your blood sugar levels.**
- If you are worried and if your levels are climbing, or if you vomit, **SEEK MEDICAL ADVICE!**

Discuss 'sick day rules' with your diabetes team so you will know what to do.

Monitoring ketones

- There are two ways to monitor your ketones - in your urine or your blood.
- Blood ketone testing has an advantage over urine testing because it tells you your levels right now. Testing your urine tells you your ketone levels in the past.

The Optium Xceed™ meter has the unique facility to test blood ketones as well as blood sugar levels.

Normal blood ketone levels are slightly different from person to person. This table will help you decide if you need to do anything and what you should do.

Blood ketone level	Advice
Less than 0.6 mmol/L	No need to do anything. Carry on with your usual blood sugar testing.
Between 0.6 and 1.5 mmol/L	Test your blood sugar and blood ketones again in 2 – 4 hours.
Between 1.5 and 3 mmol/L	There may be a chance you are developing diabetic ketoacidosis. Call your diabetes care team for advice straightaway.
More than 3 mmol/L	You need emergency treatment at once. Call your diabetes care team. If they cannot be contacted, go to the Emergency Department at your local hospital.

