

## Why is my Blood Sugar Level High or Low?

### SITUATIONS THAT AFFECT BLOOD SUGAR LEVELS

Check off the situations below that may explain your hypo or hyperglycemic episodes by asking yourself :

DO I EVER:

#### HYPOGLYCEMIA (blood sugar lower than 4 mmol/L)

- ☐ **Misjudge the amount of carbs** that I eat (too many carbs estimated, therefore too much insulin taken in relation to amount of carbs consumed).
- ☐ **Skip or delay my meal or snack.**
- ☐ Consume **alcohol without eating or while taking insulin** (can cause hypoglycemia up to 24 hours after ingestion).
- ☐ Eat **unbalanced meals\*** (e.g., rich in fat, rich in protein, low in fibre).
- ☐ **Not take enough sugar or take something other than fast sugars to correct hypoglycemia.**

#### HYPERGLYCEMIA (blood sugar higher than 10 mmol/L)

- ☐ **Misjudge the amount of carbs that I eat** (too many carbs in relation to the insulin dose taken).
- ☐ Consume **alcohol that contains carbs** (raises blood sugar immediately).
- ☐ Eat **snacks with too many carbs without taking insulin.**
- ☐ Eat **unbalanced meals\*** (e.g., rich in fat, rich in protein, low in fibre).
- ☐ Take **too much sugar to treat hypoglycemia.**



DIET



## MEDICATION

- ☐ Make **mistakes in administering my insulin** (e.g., error in the dose or type of insulin, or insulin injected too soon before a meal).
- ☐ Take an **insulin dose that is too big to correct hyperglycemia** (e.g., using incorrect blood sugar measurement to calculate dose, meter that is miscalibrated, inaccurate or used incorrectly) **when I have high blood sugar**.
- ☐ Take **insulin doses too close together** (two injections taken in less than four hours without taking active insulin into account).
- ☐ **Not adjust the insulin dose responsible for blood sugar levels often falling below 4.0 mmol/L** at the same time of the day.
- ☐ Have **bumps or dents on usual injection/insertion sites** (lipodystrophies).\*
- ☐ **Have problems with the equipment I use to administer my insulin** (e.g., injection in the muscle with a needle that is too long).

- ☐ Make **mistakes in administering my insulin** (e.g., error in dosage or type of insulin or insulin injected too late: for instance, after the meal).
- ☐ **Forget or neglect to take my insulin**.
- ☐ **Not adjust the insulin dose** that is leading to **frequent high blood sugar levels** at the same time of the day.
- ☐ Have **bumps or dents on usual injection/insertion sites** (lipodystrophies).\*
- ☐ **Have problems with the equipment I use to administer my insulin** (e.g., blocked needle or catheter, forgetting to prime the cannula with a pump).



## PHYSICAL ACTIVITY

- ☐ **Not adjust my insulin and/or my diet** for physical activity that lowers blood sugar (physical activity can lower blood sugar for 48 h).

- ☐ **Do less physical activity** than usual.
- ☐ **Do very intense physical activity or resistance training**.\*
- ☐ **Ingest too many carbs in trying to prevent hypoglycemia** brought on by physical activity.



## HEALTH

- ☐ Get **sick** (e.g., vomiting or diarrhea).
- ☐ Experience **stress** or **emotions**.\*
- ☐ Have a **digestive illness** (e.g., gastroparesis, celiac disease)\*.
- ☐ Experience **hormonal variations** (e.g., certain periods of the menstrual cycle, menopause, pregnancy).\*

- ☐ Get **sick** (e.g., infection).
- ☐ Experience **stress** or **emotions**.\*
- ☐ Take **medication that raises my blood sugar** (e.g., cortisone).
- ☐ Experience **hormonal variations** (e.g., certain periods of the menstrual cycle, menopause, pregnancy).\*
- ☐ Have a **rebound hyperglycemic episode following a hypoglycemic episode** (e.g., hyperglycemia in the morning after an uncorrected hypoglycemic episode at night).

\*Responses may vary from person to person.