### Target blood glucose values for most people with diabetes

**2 hours after meals:**
between 5 and 10 mmol/L

**Before meals:**
between 4 and 7 mmol/L

#### Hyperglycemia
- A diet high in carbohydrates
- A mistake in the antihyperglycemic medication
- Physical stress: illness, infection
- Psychological stress

#### Hypoglycemia
- Certain antihyperglycemic medications
- A diet low in carbohydrates
- Physical activity
- Drinking alcohol without food
- Psychological stress

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**Be proactive!**

- Try to identify the cause of the hyperglycemia or hypoglycemia.
- Take the necessary measures to avoid a reoccurrence.
- Consult a health professional, if necessary.
**Take immediate action**

1. **Take 15 g of rapidly absorbed carbohydrates**
   (choose one):
   - 4 Dex4® tablets
   - 3 Gluco5g tablets
   - 4 sugar packets dissolved in water
   - 150 ml (2/3 cup) of a fruit drink
   - 150 ml (2/3 cup) of a **regular** soft drink
   - 15 ml (1 tablespoon) of honey or maple syrup

2. **Wait 15 minutes, at rest**

3. **Measure your blood glucose**
   
   A. If the reading is less than 4 mmol/L:
      Treat yourself again following steps 1 to 3
   
   B. If the reading is 4 mmol/L or higher:
      If the next planned meal or snack is **more than an hour away**, have a snack containing 15 g of carbohydrates and some protein.
      Ex.: 1 slice of bread with 30 g (1 oz.) of cheese.

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**What should you do?**

Drink lots of water to prevent dehydration.

If your blood glucose is above 25 mmol/L and you feel excessively drowsy, **consult a doctor immediately**.