

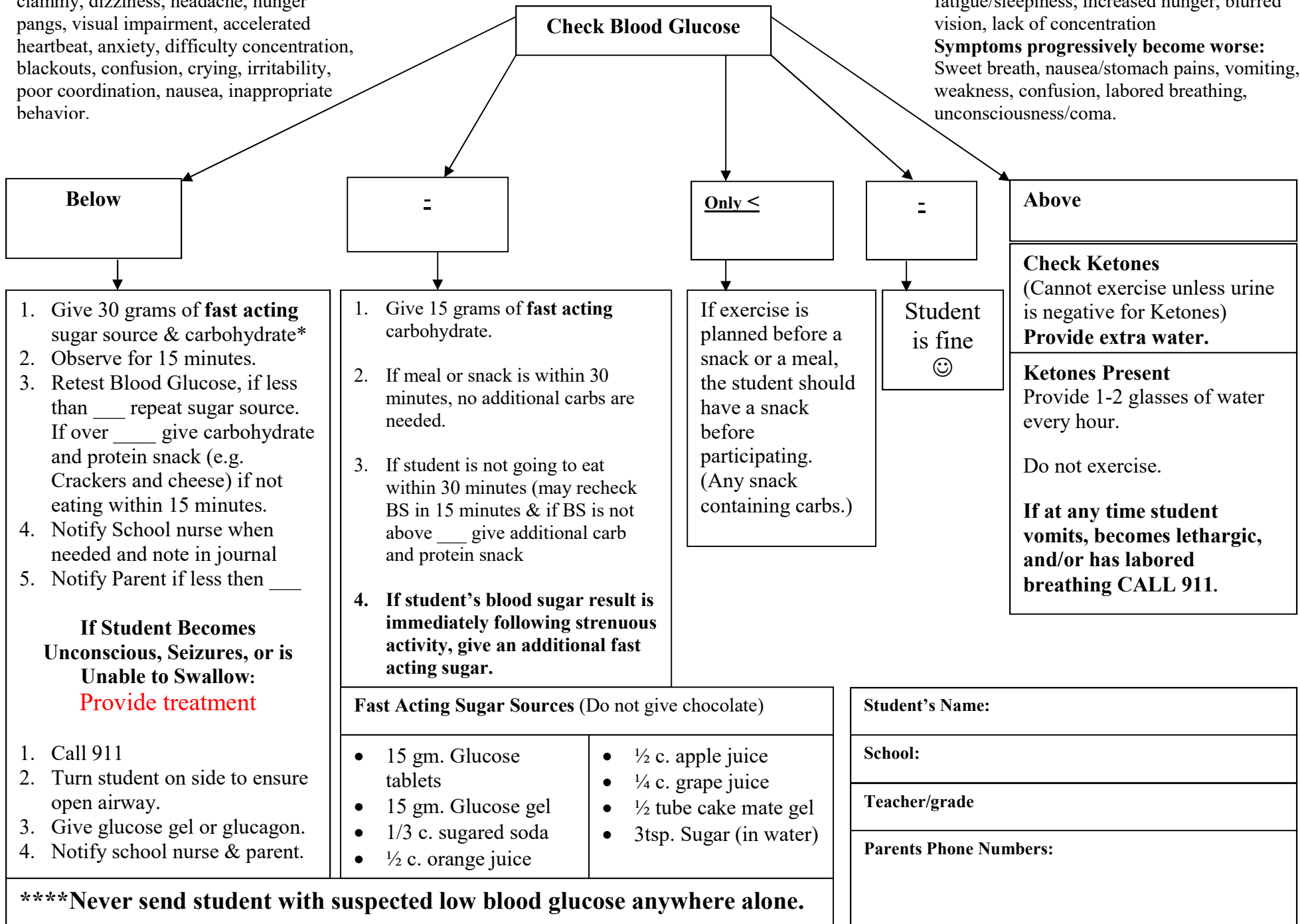
**Signs of Low Blood Sugar: Irritability**

Fatigue, excessive sweating, trembling, clammy, dizziness, headache, hunger pangs, visual impairment, accelerated heartbeat, anxiety, difficulty concentration, blackouts, confusion, crying, irritability, poor coordination, nausea, inappropriate behavior.

**Signs of High Blood sugar: Irritability**

Thirsty /dry mouth, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, lack of concentration  
**Symptoms progressively become worse:**  
 Sweet breath, nausea/stomach pains, vomiting, weakness, confusion, labored breathing, unconsciousness/coma.

**Blood Glucose Flow Chart Results**



# Blood Glucose Algorithm Sample

**Signs of Low Blood Sugar: Irritability**  
 Fatigue, excessive sweating, trembling, clammy, dizziness, headache, hunger pangs, visual impairment, accelerated heart beat, anxiety, difficulty concentration, blackouts, confusion, crying, irritability, poor coordination, nausea, inappropriate behavior.

**Signs of high Blood sugar:**  
**Early Symptoms: Irritability**  
 Thirsty /dry mouth, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, lack of concentration.  
**Symptoms progressively become worse:**  
 Sweet breath, nausea/stomach pains, vomiting, weakness, confusion, labored breathing, unconsciousness/coma.

**Check Blood Glucose**

**Below 60**

**60-80**

**Only < 100**

**126-240**

**Above 350**

6. Give 30 grams of fast acting sugar source and carbohydrate\*.
  7. Observe for 15 minutes.
  8. Retest Blood Glucose, if less than 60 repeat sugar source. If over 60 give carbohydrate and protein snack (e.g. Crackers and cheese) if not eating within 15 minutes.
  9. Notify School nurse when needed and note in journal
  10. Notify Parent if less than 50.
- If Student Becomes Unconscious, Seizures, or is Unable to Swallow:**  
 Provide treatment.
5. Call 911
  6. Turn student on side to ensure open airway.
  7. Give glucose gel or glucagon.
  8. Notify school nurse & parent.

1. Give 15 grams of fast acting carbohydrate. If meal or snack is within 30 minutes, no additional carbs are needed. If student is not going to eat within 30 minutes (may recheck BS in 15 minutes, if BS not above 80 additional carb and protein snack is to be given.
- If student's blood sugar result is immediately following strenuous activity, give an additional fast acting sugar.**

If exercise is planned before a snack or a meal, the student should have a snack before participating. (Any snack containing carbs.)

Student is fine.

**Check Ketones**  
 (can not exercise unless urine is negative for Ketones.)  
**Provide extra water.**

**Ketones Present**  
 Provide 1-2 glasses of water every hour.  
 Do not exercise.  
**If at any time student vomits, becomes lethargic, and/or has labored breathing CALL 911.**

Fast Acting Sugar Sources (Do not give chocolate)	
<ul style="list-style-type: none"> <li>• 15 gm. Glucose tablets</li> <li>• 15 gm. Glucose gel</li> <li>• 1/3 c. sugared soda</li> <li>• 1/2 c. orange juice</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 c. apple juice</li> <li>• 1/4 c. grape juice</li> <li>• 1/2 tube cake mate gel</li> <li>• 3tsp. Sugar (in water)</li> </ul>

<b>Student's Name:</b>
<b>School:</b>
<b>Nurse Contact number:</b>
<b>Physician's number:</b>
<b>Parents Phone Numbers:</b>

**\*\*\*\*Never send student with suspected low blood glucose anywhere alone.**