Signs of Diabetes Emergency

Call your doctor right away if you have these signs, or go to an emergency department if severe.

Phone number: _____

 ⇒ You feel too sick to eat normally. You can't keep food or liquids down for more than 6 hours.

- ⇒ You have severe diarrhea (5 loose bowel movements per day).
- $\Rightarrow\,$ You lose 5 pounds or more without trying to.
- \Rightarrow Your temperature <u>stays</u> over 101 F.
- ⇒ Your blood glucose level is lower than 60 mg/dL or stays over 300 mg/dL even after treatment.
- \Rightarrow You're having trouble breathing.
- \Rightarrow You feel constantly sleepy or can't think clearly.

Call your doctor immediately!

UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions, 2013 Material adapted from: <u>http://www.cdc.gov/diabetes/pubs/pdf/tctd.pdf</u>.