

ACCU-CHEK®



HIGH

Hyperglycemia

**Target
rates**

**Some symptoms*
of hyperglycemia:**

Intense thirst,
frequent urination,
blurred vision,
extreme fatigue

To treat hyperglycemia:*

- Drink water regularly to prevent dehydration
- If blood glucose is above 25 mmol/L and you are suffering from drowsiness, consult a physician urgently

For A1C ≤ 7.0%

**Target rates 2 hours after the start of a meal:
5-10 mmol/L**

**Target rates fasting or before a meal:
4-7 mmol/L**

*Non-exhaustive list. Consult your healthcare professional. Based on Diabetes Canada guidelines. ACCU-CHEK is a trademark of Roche. © 2024 Roche Diabetes Care. CA-1821 10207680001

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Target
rates

LOW
Hypoglycemia

For A1C ≤ 7.0%

Target rates 2 hours after the start of a meal:
5-10 mmol/L

Target rates fasting or before a meal:
4-7 mmol/L

**Some symptoms*
of hypoglycemia:**

Trembling,
palpitations,
sweating, weakness,
drowsiness,
difficulty speaking,
tiredness, confusion

To treat hypoglycemia:*

Take 15 g of a fast-acting
carbohydrates, such as:

- Glucose tablets
- 150 mL (2/3 cup) of fruit juice
- 15 mL (1 tablespoon)
of honey

*Non-exhaustive list. Consult your healthcare professional. Based on Diabetes Canada guidelines.

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