

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 immediately

For A1C \leq 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.

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ACCU-CHEK®

**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
carbohydrate, 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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