

**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 ≤ 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.

© 2021 Roche Diabetes Care. CA-1061 9464638001

**Roche**

**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.

**Roche**