

High Blood Sugar - *Hyperglycemia*

Hyperglycemia means high blood sugar. High blood sugar happens when the body has too little insulin or when the body can't use insulin properly.

- Frequent high blood sugars are a major cause of complications with diabetes.
- High blood sugars happen from time to time to all people who have diabetes.
- Check blood sugar levels to determine when your level is high.
- Learn to identify the symptoms of hyperglycemia so you can treat it quickly.

Caused by:

- Not enough medicine to control your blood sugar
- Not eating the right kinds of foods or overeating
- Not enough exercise
- Illness, infection, injury, surgery
- Stress

Symptoms:

- Increased thirst and urination
- Weak, tired, general aches
- Blurry vision
- Dry and itchy skin
- Infection



What to do:

- Call your clinic.
- Test your blood sugar. Bring your blood sugar monitor to the clinic to be downloaded.
- Drink fluids to prevent dehydration.
- Take your diabetes medication as usual.
- If you are sick, consult your medical provider.
- Follow your meal plan. Cutting down on the amount of food you eat might help.

What's next?

- Work with your dietitian to make changes in your meal plan.
- Work with your diabetes educator on diabetes management including an exercise routine.
- Your provider may prescribe additional medication.

