

# HYPERGLYCEMIA (HIGH BLOOD SUGAR)

Hyperglycemia is defined as the blood sugar level being above the blood glucose target range set by your diabetes care team. In general, it's when glucose is above 180 milligrams per deciliter (mg/dL) consistently. High blood glucose can become a serious problem if not treated.

## POSSIBLE CAUSES INCLUDE:

- Eating too many carbohydrates for the amount of insulin given
- If not taking insulin, not following your meal plan and eating more carbohydrates than recommended
- Less than usual physical activity or exercise
- Illness or emotional stress
- Needing a change of prescribed diabetes medication

## SYMPTOMS

Hyperglycemia might not show signs or symptoms. However, high blood sugar can result in:

- Increased thirst
- Frequent urination
- Fatigue
- Weight loss without trying
- Blurry vision
- Dry/itchy skin

## TREATING HYPERGLYCEMIA

- Test your blood glucose regularly. Also check urine for ketones if that's part of your treatment plan.
- Call your care team if your blood glucose remains above your target range for several days and/or if your ketone levels are smaller or larger.
- Drink sugar-free and caffeine-free liquids, such as water or diet soda. Fruit juice is high in sugar.
- Follow the sick-day plan provided by your care team whenever you're ill.

## PREVENTING HIGH BLOOD GLUCOSE

- Follow your meal plan and exercise routine.
- Check blood glucose throughout the day.
- Take prescribed insulin or diabetes medication.
- Reduce stress.

### DIABETES CENTER OF EXCELLENCE

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