



## Hyperglycemia (High Blood Glucose)

Too much glucose (sugar) in your blood is called hyperglycemia or high blood glucose. High blood glucose can lead to a dangerous condition called ketoacidosis. In severe cases, it can lead to coma.

### Possible Causes of Hyperglycemia

- Eating too much food, especially carbohydrates
- Being less active than usual
- Not taking enough medication
- Being sick
- Being under stress
- Thirst

### Symptoms of Hyperglycemia

Hyperglycemia may not cause symptoms. If you do have symptoms, they may include:

- Thirst
- Frequent need to urinate
- Feeling tired
- Nausea
- Itchy, dry skin
- Blurry vision
- Fast breathing
- Weakness
- Dizziness
- Wounds or skin infections that don't heal



### What You Should Do

- Check your blood glucose.
- Drink sugar-free, caffeine-free liquids such as water or diet soda. Don't drink fruit juice.
- Check your blood glucose again every 4 hours. If you take insulin or diabetes medications, follow your sick-day plan for taking medication. Call your healthcare provider if you are not able to eat.
- Check your blood or urine for ketones as directed.
- Call your healthcare provider if your blood glucose and ketones do not return to your target range.

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## Preventing High Blood Glucose

To help keep your blood glucose from getting too high:

- Follow your meal plan. Eat only the amount of food on your meal plan.
- Follow your exercise plan.
- Take your insulin or diabetes medications as directed by your healthcare team. Also test your blood glucose as directed.
- Control stress.
- When you're ill, follow your sick-day plan.

## Other Things to Do

- Carry a medical ID card or wear a medical alert bracelet. It should say that you have diabetes. It should also say what to do in case you pass out or go into a coma.
- Make sure family, friends, and coworkers know the signs of high blood glucose. Tell them what to do if your blood glucose gets very high and you can't help yourself.
- Talk to your healthcare team about other things you can do to prevent high blood glucose.

**Special note:** Drink plenty of sugar-free and caffeine-free liquids when you feel symptoms of hyperglycemia. Call your doctor if you keep having episodes of hyperglycemia.