

High Blood Sugar (Hyperglycemia)

Blood sugar is high when it is higher than your healthy blood sugar target. Your doctor will tell you what your blood sugar target is.

Causes of high blood sugar:

1. Not enough insulin or diabetes pills
2. Eating too much food
3. Less activity than normal
4. Too much stress
5. Being sick or having an infection

Signs of high blood sugar:

1. Feel thirsty
2. Urinate a lot
3. Feel tired
4. Feel sick – nausea, stomach cramps
5. Have no symptoms – always judge blood sugar by testing on your meter

What you need to do if your blood sugar is high:

1. Check your blood sugar at least four times in a day
2. Dose insulin correctly for the number of grams of carbohydrate eaten
3. Drink lots of sugar free fluids
4. Check ketones if blood sugar is over 240 first thing in the morning or over 300 at any time. Call your doctor if ketones are moderate or higher.