

About High Blood Sugar (Hyperglycemia)



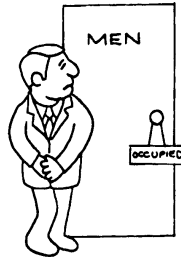
IH-I-37
R.D.7/03
Pg. 1 of 2

High blood sugar is when your sugar is more than 140.

Signs of high blood sugar . . .



Always feeling thirsty



Frequent urination (peeing)



Feeling tired



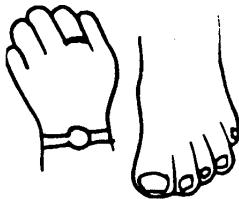
Vision changes



Always hungry
but losing weight



Headache

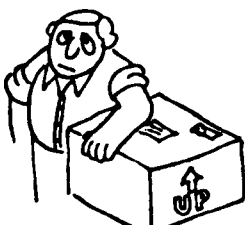


Numbness and tingling



Vaginal itching

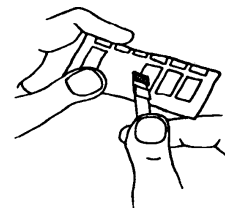
When you ignore these signs, your blood sugar keeps going up. These problems will get worse, and other problems will begin like . . .



Weakness



Dizziness



Ketones in your urine
(over)



Stomach pain



Nausea and vomiting



Trouble thinking or confusion



Fast breathing with fruity smelling breath



Fainting (falling out)

If you have any of these problems, go to the Emergency Room.



What to do for high blood sugar . . .

1. Watch what you eat. Follow your meal plan.



2. Take the right amount of your diabetes medicine and at the right time.

3. Drink more liquids without sugar, such as water. Check with your doctor if you have kidney or heart disease.



4. Exercise **unless** your blood sugar is more than 240 and you have Type 1 diabetes.



5. Call your clinic if your blood sugar stays over 240 for more than 24 hours and you have dizziness or nausea.

OR

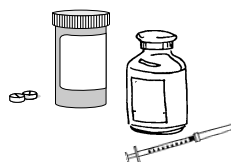
Call if you have 2 - 3 days of high blood sugars and you do not know why.



Reasons for high blood sugar . . .

1. Not taking your insulin or diabetes pills.

2. Taking less insulin or diabetes pills than your doctor ordered.



4. Infection or illness.

5. Stress or worry.



3. Overeating or not following your meal plan.