

## Hyperglycemia (High Blood Sugar)

High blood sugar is a blood sugar reading that is over the target blood sugar range of over 130mg/dl before meals or over 180 mg/dl 2 hours after a meal.

### What causes high blood sugar?

- Skipping diabetes medication/ not taking the right amount
- Stress ( physical or emotional)
- Illness
- Infection
- Eating too much
- Not enough exercise or physical activity

### What are the symptoms of high blood sugar?

- Increased thirst
- Blurred vision
- Feeling tired or weak
- Drowsy
- Dry skin
- Hungry
- Some people show no symptoms or the signs are not easy to notice as high blood sugar happens gradually



### What should you do if your blood sugar is high?

- Drink fluids- at least 8 ounces of water every hour
- Check your blood sugar more often to see patterns or trends
- Call your doctor right away if your blood sugars is over 250mg /dl twice in a row
- Ask your doctor if your diabetes medications need to be adjusted
- People with Type 1 diabetes should check for ketones in their urine