

SAFETY— HYPERGLYCEMIA

When your blood sugar level gets too high (hyperglycemia), it means your body doesn't have enough insulin, or it's not processing insulin properly. It can be caused by eating more or exercising less than you planned, not taking enough insulin, stress, or illness. Hyperglycemia can be very serious if it's not treated. In fact, it is the leading cause of complications from diabetes.

By managing your diabetes, you can reduce your risk of hyperglycemia (high blood sugar) and help reduce the risk of getting complications. Stick closely to your diabetes therapy. Check your blood sugar levels often. And tell your healthcare provider right away if your average fasting blood sugar reads 180 mg/dL or more for three days in a row. If that happens, your healthcare provider will either adjust your dose of insulin, or change your diabetes therapy, which includes diet, exercise, and pills or other diabetes medications, in some other way.

If you have high blood sugar often, ask your healthcare provider if your dose of insulin or other diabetes medicines should be changed. Work with your dietitian or healthcare provider to create a meal plan and exercise schedule that can bring your blood sugar levels down into your target range.

High blood sugar symptoms

- High daily fasting blood sugar readings (180 mg/dL or higher)
- Frequent urination
- Increased thirst
- Blurred vision
- Fatigue
- Dry mouth
- Dry or itchy skin
- Slow-healing cuts or sores

What to do

- Work with your dietitian to change your meal plan
- Ask your healthcare professional how to safely increase your daily exercise
- Talk to your healthcare provider about adjusting your medications

Signs of a life-threatening situation

- Very high blood sugar readings (240 mg/dL or higher)
- Shortness of breath
- Breath that smells fruity
- Nausea and vomiting
- Very dry mouth

What to do

- Contact your healthcare provider immediately to take emergency action to get your blood sugar level down
- If your blood sugar level is very high, don't exercise, as that can raise your levels and make things worse