



High Blood Sugar

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You may have experienced some of the symptoms of high blood sugar at the time you were diagnosed with diabetes. You may experience them again if your blood sugar is out of control. High blood sugar is also called *Hyperglycemia*.

Symptoms:

- Increased thirst
- Frequent urination
- Fatigue or tiredness
- Blurred vision or changed vision
- Dry skin
- Slow healing
- Frequent infections (*especially bladder infections or vaginal yeast infection in women*)
- Hunger

OFTEN, THERE MAY NOT BE ANY SYMPTOMS OF HIGH BLOOD SUGAR.



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Onset of Symptoms:

Symptoms of high blood sugar usually develop slowly, not suddenly. In patients using an insulin pump however, these symptoms may develop suddenly

Causes:

- Eating too much food. You may be eating portions that are too large or eating too often.
- Eating the wrong foods. You may be eating too many carbohydrates (carbs).
- Not enough medication. You may not be measuring or injecting insulin correctly or you may not be taking your oral diabetes medication correctly.
- Infections
- Illness (*such as cold, flu*) or surgery
- Stress
- Less exercise than usual.
- Certain medications such as steroids or thiazide diuretics.
- Pregnancy



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Treatment:

- Think about whether or not you have been following your food plan, maintaining your activity level, and taking your medication. Determine if you have had any changes. Make corrections if necessary.
- Speak with your physician, diabetes educator and/or dietitian for specific recommendations, especially if you cannot identify any reason for your blood sugar going up.

Prevention:

- Follow your meal plan. If it is difficult to do so, see your dietitian.
- Maintain or increase your activity level.
- Test your blood sugar regularly. Discuss results with your dietitian, diabetes educator, and/or doctor.
- Measure and take your medication as directed.