

# HIGH

## Blood Glucose (Hyperglycemia)

Hyperglycemia is high blood glucose or high blood sugar. It happens when there is too much glucose in your blood. Over time, it can cause serious health problems.

### Causes

High blood glucose can happen as your diabetes changes over time or you might get high blood glucose if you...

- Miss a dose of insulin or other diabetes medication
- Eat differently or more than planned
- Are less active than usual
- Are under stress or sick



Or you may have no symptoms at all.

### ! Signs and Symptoms

Here's what may happen when your blood glucose is high.

**Very thirsty**



**Sleepy**



**Needing to pass urine more than usual**



**Blurry vision**



**Very hungry**



**Infections or injuries heal more slowly than usual**



## What should you do about high blood glucose?

### Med



Take your medicines as directed

### Meal



Follow your meal plan

### Move



Follow your physical activity plan



### Call



Call your diabetes care team if your blood glucose has been higher than your goal for 3 days and you don't know why.

### Check

The best way to know if you have high blood glucose is to check your blood glucose regularly, as directed by your doctor.

