

Hyperglycemia

Diabetes

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

(866) 648-3537

TTY/TDD:

711

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Your Extended Family.



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What is hyperglycemia?

Hyperglycemia is another name for high blood glucose (blood sugar).

Insulin tells your cells to absorb blood glucose to use for energy. High blood glucose occurs when your cells do not absorb blood glucose and it stays in your blood.

What causes hyperglycemia?

- You do not take your diabetes medicine on time each day.
- You overeat.
- You don't get enough exercise.
- You have an infection or get sick.
- You have a high level of stress.
- You take medicine that may cause hyperglycemia. Talk to your provider about any medicine you take.

How do I know if I have hyperglycemia?

Testing your blood glucose levels at home can tell you if it is too high.

If your blood glucose is too high, you may:

- Feel thirsty
- Feel weak or tired
- Have headaches
- Have trouble paying attention
- Have blurry vision
- Have to urinate (pee) often
- Develop yeast infections
- Feel sick to your stomach

Talk to your provider if your blood glucose is too high or you have these symptoms.

How do I prevent hyperglycemia?

- Take your medicine as your provider tells you to.
- Test your blood glucose levels at home.
- Eat the right amount of healthy foods at the right time.
- Get the right amount of exercise.
- Take care of yourself when you are sick.

