

# Hyperglycemia: High Blood Sugar

Glucose (sugar) in your blood is used for energy for all parts of your body. When the amount of glucose is too **high**, you have a high blood sugar, or **hyperglycemia**. If your blood is high in sugar it can become thick and sticky, like other liquids that are high in sugar (syrup or honey), which move slowly through your body. This can eventually cause long-term complications, like damage to eyes, kidneys, or nerves, if not treated.

| Possible Cause                           | Prevention  |
|--|---|
| <b>Eating too many carbohydrates</b>     | Use a list of carbohydrates to make sure you are staying in balance with your meal plan.  |
| <b>Anxiety and Stress</b>                | Adrenaline can cause extra sugar to be released into the blood. Try to relax and find some stress relief.                                   |
| <b>Bad insulin</b>                       | Keep unopened insulin in the fridge. Once it is taken out and used it is only good for <b>28 days</b> , and then <b>MUST</b> be thrown out. |
| <b>Too little medication</b>             | Talk with your diabetes provider about how to adjust your medication dose.  |
| <b>Less physical activity than usual</b> | Exercise makes your body use sugar better, so decreasing activity can result in higher blood sugars.  |
| <b>Bad pump site</b>                     | Be sure to check your pump infusion set: is it time to change it or could it be kinked?   |
| <b>Illness, infection or injury</b>      | Any kind of inflammation in your body can cause higher blood sugars.  |

## **Hyperglycemia:**

Before meals: more than 140  
2 Hours after eating: more than 180

## **Possible symptoms:**

- Extreme thirst
- Frequent urination
- Drowsiness
- Dry skin
- Hunger
- Poor healing
- Blurred vision
- Confusion
- Irritability
- Headache
- Feeling hot

## **Treatment**

**\*Always check your BG as the symptoms of lows and highs can be similar.**

- Watch your diet and take medicines regularly as prescribed
- Check your blood sugars more frequently
- Drink fluids without sugar
- If you have an unexplained high blood sugar over 250 mg/dL for 2 tests in a row, call your healthcare provider.
- If you are sick, follow the sick day rules. If you take insulin, you may need to check urine ketones.
- If you take insulin, take a correction dose as prescribed and check urine or blood ketones as prescribed. Call your Cray provider if ketones are positive.

