

# Chapter 11: Hyperglycemia or High Blood Glucose

Hyperglycemia means that your blood glucose is above your target range and you need to take action to lower it.

## Causes

- too much food
- not enough diabetes pills or insulin
- not enough physical activity
- surgery
- steroid medicine
- illness
- infection
- physical or emotional stress

## Symptoms

- increased thirst
- frequent urination
- less energy
- blurred vision
- hunger

## Treatment and Prevention

### Target Blood Glucose Ranges:

Fasting:

\_\_\_\_\_

2 hours after meals:

\_\_\_\_\_

Bedtime:

\_\_\_\_\_

The best way to treat hyperglycemia is to pay attention to your daily routine or manage your diabetes. In your daily routine:

- Follow your food and activity plan.
- Check your blood glucose regularly.
- Check your urine ketones if recommended.
- Notice any signs of illness or infection.

Call your health care provider or diabetes educator if your blood glucose is over 250 mg/dL for 2 to 3 days in a row. You may need a change in your treatment.

If you have type 2 diabetes, follow the blood glucose scale on the next page.

# Blood Glucose Scale for Type 2 Diabetes

## If your blood glucose is:

Way too high! You could be headed for trouble.

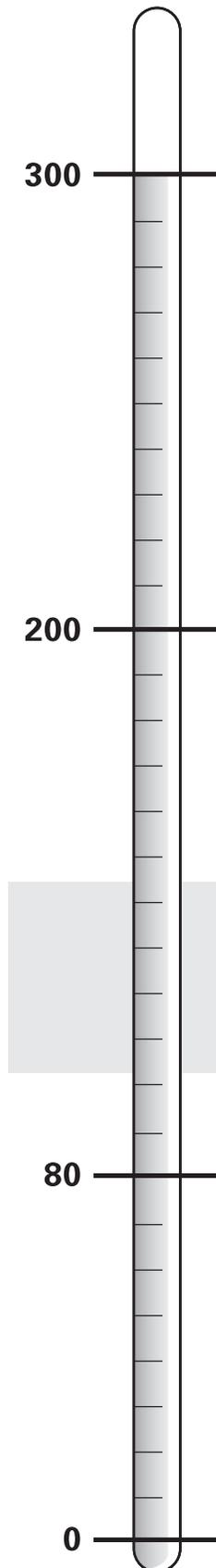
Still too high!

Not dangerous, but not where you want to keep your blood glucose.

Good safe range.

OK.

Too low!



## What you should do:

Retest in 4 hours. Call your health care provider if it is still more than 300.

Test 4 times a day. Call your health care provider if most tests are 200 to 300 for 2 or 3 days.

- Improve food and activity plan, if needed.
- Make sure you are taking your diabetes pills or insulin.
- Test more often.
- Call your health care provider if consistently over \_\_\_\_\_ (before meal) or \_\_\_\_\_ (after meal).

Your target range is \_\_\_\_\_.

Time for a snack or meal.

Eat or drink something with 15 grams carbohydrate. If below 70, retest in 10 to 15 minutes to make sure it is now 80 or higher. If still below 70, eat or drink something with 15 grams carbohydrate again.