



PROHEALTHY

Education for our patients and families

Hyperglycemia (High Blood Sugar)

Hyperglycemia is high blood sugar. For most people, blood glucose greater than 240 is considered high.

What are signs of hyperglycemia?

- Frequent urination
- Thirsty
- Feeling tired, weak
- Blurred vision
- Muscle cramps/aches
- Headache
- Nausea/vomiting
- Trouble breathing
- Dizziness

How to treat hyperglycemia:

1. Check blood glucose every two hours.
2. Drink liquids without sugar; at least 8 ounces every hour.
3. Continue following your usual meal plan as closely as you can.
4. Make sure to take your insulin or pills for diabetes as usual.
5. Call your healthcare provider if your blood glucose stays high (above 240 two or more times in 24 hours).

Possible Causes of Hyperglycemia:

- Skipped, late, or too small of a dose of insulin/oral medications
- Decrease in usual activity or exercise level
- Increase in usual amount or type of foods eaten
- Stress-emotional or physical
- Infection or other illness
- Certain medications

What to Do When Sick:

1. Check your blood glucose at least every 4 hours.
2. Drink at least 8 ounces of sugar free liquids like broth, tea, coffee, water, or diet soda per hour.
3. Rest as much as you can.
4. If you cannot eat solid food, use fruit juice, regular Jell-O, Popsicles, or regular soda.
5. Take your insulin or pills as usual.
6. If it is more than 6 hours that you cannot eat, call your healthcare provider. They may adjust your medicine dose.
7. Call your healthcare provider if your blood glucose is greater than 240.

For more information contact:
The Diabetes Center 262-928-4695



PROHEALTH CARE