



High Blood Sugar (Hyperglycemia)

Your blood sugar can go too high when you have diabetes. This is called hyperglycemia. Be sure to check your blood sugar if you aren't feeling well. High and low blood sugar can feel similar. Wearing or carrying ID that says you have diabetes lets others know how to help you.

What causes high blood sugar?

- Eating too many foods that turn into blood sugar
- Not taking your diabetes medicine
- Not getting enough exercise
- Being sick or in pain
- Some medications such as steroids
- Stress

How does high blood sugar feel?

Here are some signs of high blood sugar:

- Headaches
- Feeling tired
- Weight loss
- Increased hunger and thirst
- Frequent need to go to the bathroom
- Dry mouth, dry itchy skin
- Blurred vision
- Slow healing of wounds and cuts



How do you treat high blood sugar?

- If your blood sugar is **over 180**:
 - Drink extra water (2 extra 8 oz. glasses).
 - Exercise – go for a walk. Ask your doctor if it is ok to exercise when your blood sugar is high.
 - Eat fewer foods with starch or sugar at your next meal.
 - Find out why it is high so you can prevent it in the future.
 - Talk with your doctor if you have high blood sugar often. Your diabetes medicine may need to be changed.
- If your blood sugar is **over 250** after testing two or more times:
 - Call your doctor.

You can get free health information by calling
L.A Care's 24-hour Nurse Advice Line
1-800-249-3619 (TTY 711).