**Hyperglycemia**

**High blood glucose**

**General Facts**

*Hyperglycemia* (high blood glucose) means that the amount of glucose in your blood is well above the normal range. When you have diabetes, it means that your glucose is well above your personal target range.

There is no one number that defines hyperglycemia, since the target range for one person may be very different from the target range for another. When your blood glucose stays at high levels for long periods, or if it rises to high levels often, it means that your diabetes is out of control.

**Causes**

High blood glucose can have many causes. From time to time, everyone with diabetes will experience hyperglycemia. Knowing the most common causes can help you to make a plan for correcting it as soon as possible.

Some causes of hyperglycemia include:

- Not taking your insulin or other diabetes medicine.
- Not taking the right amount of diabetes medicine. Diabetes changes over time. It is common for your medicine needs to change from time to time.
- Using insulin that is too old or has spoiled from exposure to heat or freezing.
- Illness.
- Stress.
- Eating too much, or not taking the right amount of insulin or diabetes medicine to “match” how much food you have eaten.
- Lack of physical activity.
- Not testing your blood glucose level often enough or at all.
Common Symptoms

Hyperglycemia may make you feel unwell. But, if your glucose is high most of the time, you may be so used to the symptoms that you do not really notice them anymore.

When blood glucose is high, you may notice:

- Increased thirst.
- Frequent urination.
- Fatigue.
- Dry mouth.
- Visual changes, such as blurring.
- Muscle and joint aches.
- Irritability.
- Frequent infections, especially skin and yeast infections.

Prevention

Learn the best ways to keep your blood glucose in your target range. Hyperglycemia can make it difficult to enjoy your usual activities, and can seriously increase your risk for diabetes complications.

Follow these guidelines to help prevent high glucose:

- Make healthy food choices.
- Take the correct dose of your diabetes medicine at the correct times.
- Check your blood glucose several times each day, and record the results to share with your health care team at each visit.
- Increase your daily physical activity.
- Learn to manage stress in your life.
- Follow your sick-day plan when you are ill, including checking for ketones if you have type 1 diabetes.
- Keep learning more about taking care of your diabetes.
Personal Plan

Together with your health care team, decide on the blood glucose goal ranges that are safe for you:

<table>
<thead>
<tr>
<th>When</th>
<th>Personal Glucose Target Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before breakfast</td>
<td>Between _______ and _________</td>
</tr>
<tr>
<td>Before other meals</td>
<td>Between _______ and _________</td>
</tr>
<tr>
<td>Before bedtime</td>
<td>Between _______ and _________</td>
</tr>
<tr>
<td>Before driving a car</td>
<td>Above __________</td>
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</tbody>
</table>

Questions?

Call 206-598-4882

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

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