Hyperglycemia
(High Blood Glucose)

Hyperglycemia occurs when the glucose (*sugar*) in your blood is too high. Hyperglycemia can happen for many reasons, but it most often happens to people who do not know they have diabetes or are not managing their diabetes properly.

Whether you have diabetes or not, there are other causes of hyperglycemia. Hyperglycemia can occur when you have diabetes, but it can also occur in other situations that you might not be as aware of, such as:

- **Diabetes.**
- **Pre-diabetes**. Before people develop Type 2 diabetes, they almost always have "pre-diabetes." This is when your blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes.
- **Stress**. Stress can elevate your blood glucose.
- **Taking steroids**. One side effect can be a rise in blood glucose.

SYMPTOMS

Signs of hyperglycemia include having extreme thirst, dry mouth, blurred vision, needing to urinate often, being overly tired, weak or sleepy, or having tingling in the feet or leg.

DIAGNOSIS

Diagnosis is made by monitoring blood glucose.

TREATMENT

Knowing the cause of the hyperglycemia is important before the hyperglycemia can be treated. Treatment may include, but is not be limited to:

- Education.
- Change or adjustment in medications, your meal plan, exercise plan or lifestyle.
- Treatment for an illness, infection, etc.
- More frequent blood glucose monitoring.
- Decreasing or stopping steroids.

HOME CARE INSTRUCTIONS

- Test your blood glucose as directed.
- Exercise regularly.
- Eat wholesome, balanced meals. Eat often and at regular, fixed times.
- Being at an ideal weight is important. If needed, losing as little as 10 to 15 pounds may help improve blood glucose levels.

SEEK MEDICAL CARE IF:

- You have questions about medicine, activity or diet.
- You continue to have symptoms such as increased thirst, urination or weight gain.

SEEK IMMEDIATE MEDICAL CARE IF:

- You are vomiting or have diarrhea.
- Your breath smells fruity.
- You are breathing faster or slower.
- You are very sleepy or incoherent.
- You have numbness, tingling, or pain in your feet or hands.
- You have chest pain.
- Your symptoms get worse even though you have been following your caregiver's orders.

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