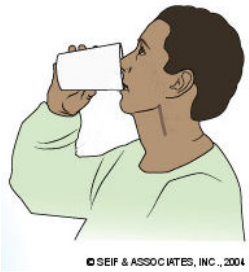
About High Blood Sugar
(Hyperglycemia)

High blood sugar means that the level of sugar in your blood is higher than it should be.

SIGNS OF HIGH BLOOD SUGAR:



- Feeling thirsty.
- Frequent peeing.
- Feeling tired or sleepy.
- Dry mouth.
- Vision changes.
- Feeling weak.
- Feeling hungry but losing weight.
- Numbness and tingling in your hands or feet.
- Headache.

When you ignore these signs, your blood sugar may keep going up. These problems may get worse, and other problems may begin.

CAUSES OF HIGH BLOOD SUGAR:

- Not taking your insulin or diabetes pills.
- New medicines.
- Less activity or exercise.
- Surgery.
- Taking less insulin or fewer pills than needed.
- Overeating or not following your meal plan.
- Infection or illness.
- Stress or worry.

HOME CARE

- Check blood sugars as ordered by your doctor. Write down the numbers (with date and time).
- Take the right amount of insulin or diabetes pills at the right time. Write down the dose with date and time.
- Refill your insulin or diabetes pills before running out.
- Watch what you eat. Follow your meal plan.
- Drink liquids without sugar, such as water. Check with your doctor if you have kidney or heart disease.
- Follow your doctor's orders for exercise. Exercise at the same time of day.
- Keep your doctor's appointments.

GET HELP RIGHT AWAY IF:

- You have trouble thinking or are confused.
- You have fast breathing with fruity smelling breath.
- You have fainted (passed out).
- You have 2 to 3 days of high blood sugars and you do not know why.
- You have chest pain.
- You are feeling sick to your stomach or throwing up.
- You have sudden changes in vision.

MAKE SURE YOU:

- Understand these instructions.

- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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