

Diabetes: Just the Basics

High Blood Sugar (Hyperglycemia)

High blood sugar (or glucose) is when there is too much sugar in your blood. Very high blood sugars (higher than 250) can cause immediate problems.

Blood sugars are normally higher after eating. Blood sugars that are over 130 before meals or 180 after meals are usually too high. *Talk with your healthcare provider to set your blood sugar goals and fill in the numbers on the chart below.*

Blood Sugar Goals		
	American Diabetes Association Recommendations	My Goals (write them here)
Before meals	90 – 130	
2 hours after meals	< 180	

Things that make your blood sugar go high

- Eating too much food
- Not taking diabetes medicine or insulin
- Sickness
- Not exercising
- Eating or drinking sweet things (like regular soda/cola/tonic or fruit juice, even natural juice)
- Infections
- Stress
- Certain medicines (like prednisone)

How you may feel / what you may experience

- Thirsty
- Tired
- Very hungry
- Sick to your stomach
- Itchy (or have very dry skin)
- Increased urination (the amount of urine you pass and how often)
- Blurry vision
- Frequent infections
- No symptoms

Consistently high blood sugars over a long period of time mean that your diabetes is out of control. This can cause long-term health problems such as damage to your heart, eyes, kidneys, and feet. If your blood sugar is consistently high, talk with your healthcare provider. You may need changes in your diabetes plan.

Steps To Better Health

- Ask your healthcare provider for a plan if you miss a dose of diabetes medicine
- Check your blood sugar more often when it is high
- Eat regular meals, exercise, and take your medicines to keep blood sugars in your target range
- Contact your provider when your Blood Glucose is_____.