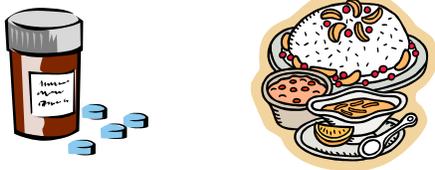
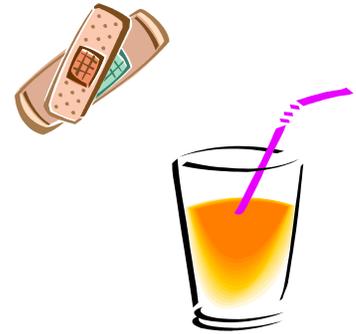
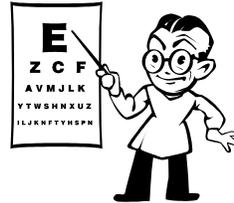


What Is High Blood Sugar?

Blood Glucose above 250 - Also called Hyperglycemia

What are the Symptoms?

- Urinating more often, especially at night
- Blurred vision
- Fatigue or low energy
- Increased thirst
- Increased hunger
- Dry skin
- Slow healing wounds



What Causes High Blood Sugar?

- Eating too much food or sugary liquids
- Not exercising
- Not taking enough diabetes medicine
- Forgetting to take diabetes medicine
- Illness/infection
- Stress

What Can I Do About High Blood Sugar?

- Drink plenty of non-caloric fluids
- Take your diabetes medicines as prescribed
- Follow your meal plan
- Exercise (if urine is negative for ketones)
- Check your blood sugar before meals and at bedtime until your blood sugar is less than 200
- If you have Type 1 diabetes, check your urine for ketones
- Review the causes above and think of which one may have caused your sugar to increase

Is Hypoglycemia Similar to Hyperglycemia?

Many of the symptoms of hypoglycemia and hyperglycemia are similar including hunger or blurred vision. If you have any of these symptoms and your blood sugar is below 70, follow treatment for **Hypoglycemia**, such as drinking 4 ounces of orange juice or taking 3 glucose tablets.

Contact your healthcare provider or go to the hospital or clinic if your blood sugar levels are higher than your goal for greater than three days