

Hyperglycemia

Symptoms of HIGH Blood Sugar

Causes: Too much food, not enough medication, illness, stress, pain, infection or steroids

Onset: It's gradual and may progress to diabetic coma

Blood Sugar: Above 180 mg/dl

Symptoms



Nausea



Drowsiness



Blurred Vision



Dry Skin



Extreme Hunger



Extreme Thirst



Frequent Urination

Recommended Action



- Check your blood sugar often
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Increase physical activity, if possible



If your blood sugar is higher than your goal or 250 mg/dl for more than 2 days and you do not know why, **call your doctor, clinic or advice nurse.**

