

# Hyperglycemia (High Blood Sugar)

<h2>Symptoms</h2>		<p>Extreme Thirst</p> 
<p>A need to urinate often</p> 	<p>Dry, itchy skin</p> 	<p>Hunger</p> 
<p>Blurred Vision</p> 	<p>Tired, weak or dizzy</p> 	<p>Upset stomach, vomiting</p> 
<h3>What should you do?</h3> <p>Check your blood sugar.</p>  <p>10/00, 10/01, 1/03</p>	<ul style="list-style-type: none"> <li>▪ Follow your sick day plan.</li> <li>▪ Drink sugar-free liquids such as water or caffeine-free drinks.</li> </ul>	<p>Call your doctor if:</p>  <ul style="list-style-type: none"> <li>▪ Your <b>blood sugar is higher than 240</b> (or the number that your doctor told you to use), <b>two times in the same day and you don't know why.</b></li> <li>▪ For more than 24 hours you have diarrhea or you can't keep food or fluids down.</li> <li>▪ You have a fever of 101.5° or higher.</li> </ul>

Please call **1-800-SENTARA (736-8272)** to sign up for the **“Healthy Living with Diabetes”** classes.

# Hyperglycemia (High Blood Sugar)

Causes	Signs and Symptoms	Treatment
<p>Your blood sugar can go too high if you:</p> <ol style="list-style-type: none"> <li>1. Eat too much food (even if it is the right kind of food!)</li> <li>2. Forget or skip your insulin or pills.</li> <li>3. Are sick.</li> <li>4. Have a lot of stress in your life.</li> <li>5. Take some pills like steroids.</li> </ol> <p>Revised 10/95; 10/00; 10/01, 1/03</p>	<ol style="list-style-type: none"> <li>1. A need to urinate often (going to the bathroom often to pass water)</li> <li>2. Thirsty</li> <li>3. Hungry</li> <li>4. Feeling tired</li> <li>5. Blurred vision</li> <li>6. Vomiting or upset Stomach</li> <li>7. Dry mouth and lips</li> <li>8. Fruity smell to breath along with heavy breathing</li> <li>9. Dry, itchy skin</li> </ol>	<ol style="list-style-type: none"> <li>1. Check your Blood Sugar (and ketones if you have Type 1 Diabetes).</li> <li>2. Re-check your blood sugar at least every 2-4 hours if blood sugar higher than 240.</li> <li>3. <b>When you are sick your blood sugar rises. Your diabetes pills and insulin lower your blood sugar. So,</b> take your diabetes pills and insulin when you are sick. If you take diabetes pills, take your usual dose. If the pills won't stay down, call your doctor.</li> <li>4. Check to see if you have a fever. Call your doctor if the fever is 101.5° or higher.</li> <li>5. <b>Stay on your meal plan, if possible.</b> If you can not use your regular meal plan, replace it with soft foods or liquids.</li> <li>6. Drink <b>at least</b> eight ounces of liquid (<b>no caffeine</b>) every 30-60 minutes. Try to use your regular meal plan when you can. If you can not use your regular meal plan, replace it with some of these soft foods/liquids: <ul style="list-style-type: none"> <li>π2 cup regular soft drink      π2 cup fruit juice      π2 cup sweet lemonade</li> <li>π1 cup Gatorade®                      π5 - 8 Regular Lifesavers®      π2 cup applesauce</li> <li>π2 twin Regular Popsicleπ6 saltine crackers      π2 cup regular Jell-O®</li> <li>π1 slice bread or toast                      π1 Tablespoon table sugar, honey or corn syrup</li> </ul> </li> <li>7. If you live alone, tell your family or a friend. Ask someone to check up on you until you are better.</li> <li>8. Rest. Extra sleep gives your body time to heal.</li> <li>9. Wear diabetes identification.</li> <li>10. <b>Call your doctor if:</b> <ul style="list-style-type: none"> <li>▪ Your blood sugar is higher than 240 (or the number that your doctor told you to use).</li> <li>▪ For more than 24 hours you have diarrhea or can not keep down any food or fluids.</li> </ul> </li> </ol>

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