

Diabetes and High Blood Sugar (hyperglycemia)

High blood sugar, also known as hyperglycemia, may occur whether you take insulin or not. With the diagnosis of Type 2 diabetes, high blood sugar rarely leads to a diabetic coma (ketoacidosis), but it can.

For this reason, the family care partner should be knowledgeable about this condition and how to treat it. High blood sugar over time causes damage to the organs of your body.

Early Stage high blood sugar symptoms:

- Thirsty (dry mouth)
- Frequent urination
- Blurred vision
- Fatigue and tiredness
- Itching (vaginal or genital)



Late Stage high blood sugar symptoms:

- Nausea
- Vomiting
- Sweet fruity breath
- Flushed skin
- Deep, rapid breathing
- Becomes unconscious
- Death, if not treated

Causes of High Blood Sugar

- Missing or skipping a dose of insulin as directed, or not taking the right amount
- Not taking the correct amount of oral agents (pills)
- Illness or an infection
- Increased stress or trauma (such as surgery, an accident etc)
- Overeating
- Eating an increased amount of concentrated sweets
- The insulin used had expired or not stored properly- exposed to hot or cold



How to Prevent High Blood Sugars:

- If you are taking insulin, inject the right type of insulin, the right amount at the right time of day
- Test your blood sugar regularly, as instructed by your health care provider
- See your health care provider when you are sick or have an infection
- Test your urine for ketones when you are sick or ill, or more often if instructed by your health care provider and report the results to your health care provider.
- Follow the meal plan that has been recommended by your nutritionist or health care provider



- Never exercise when your blood sugar is very high, 240 mg/dl (13.3mmol/l) or higher or if you have ketones present in your urine. Exercise can actually increase blood sugars to go even higher.

How to Manage High Blood Sugar

- Test your blood sugars and urine for ketones
- If blood sugars are high, 240 mg/dl(13.3 mmol/l) or higher AND your urine shows ketones, call your health care provider with the results immediately. It may be necessary to go to the hospital or take a fast acting insulin.
- Drink plenty of sugar free fluids, preferably water.

