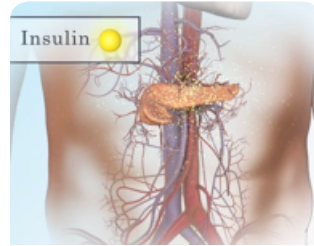




Treating High Blood Sugar

After you eat food that contains carbohydrates, your body breaks it down into a sugar called **glucose**. A hormone called **insulin** helps you either use or store glucose.

When you have diabetes, your body doesn't make enough insulin or cannot use the insulin it makes properly. This can cause you to have too much glucose (sugar) in your blood, which is a condition called **hyperglycemia**.



Insulin is made by the body.

How Does High Blood Sugar Happen?

High blood sugar can happen if you:

- Do not take enough insulin or diabetes medicine.
- Take other medicines that increase blood sugar.
- Eat more food or carbohydrates than you usually do.
- Do not get enough exercise or physical activity.
- Get sick, injured or have surgery.
- Have emotional stress, such as family or work problems.
- Have changes to hormone levels, such as during menstrual periods.



High Blood Sugar Symptoms:

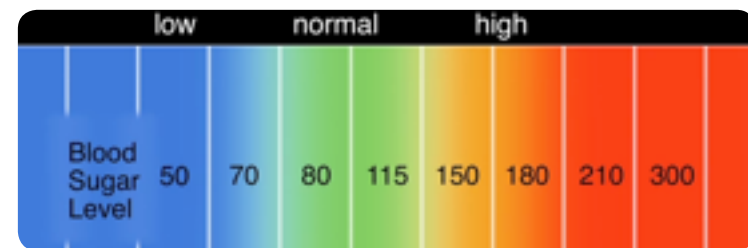
- Feeling very thirsty
- Having to urinate a lot
- Feeling tired
- Blurry vision



Untreated high blood sugar may require immediate emergency care.

1 Know Your Blood Sugar Target Range

- The first step to understanding how to treat high blood sugar is knowing your normal blood sugar target range.



- If you notice symptoms of high blood sugar, be sure to check your blood sugar level right away.



2 If Your Blood Sugar is Above Your Target Range Make Sure You:



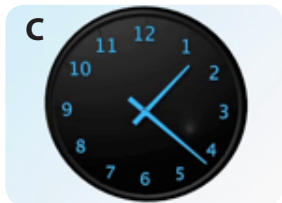
Drink plenty of water or other sugar free liquids to stay hydrated.



Take your insulin or diabetes medication exactly as prescribed.



Do not take extra medication without checking with your health care provider.



Check your blood sugar every 4 hours.



Follow your normal meal plan.



Increase your physical activity or exercise if you can.



Do not exercise if your blood sugar is above 240. Exercise may make your blood sugar level go even higher.

Contact your health care provider if your blood sugar stays above your target range.



Some symptoms may require immediate treatment.

Contact your health care provider if you notice any of the following:

- Shortness of breath
- Breath that smells fruity
- Your mouth feels very dry

Preventing High Blood Sugar

You can help prevent high blood sugar by:

- Regularly checking your blood sugar.
- Following your regular meal plan.
- Taking your diabetes medication as prescribed by your doctor.
- Controlling stress.
- Exercising regularly.



Watch online at:

GMCmanagingdiabetes.com

This handout is intended to supplement the information you receive from your health care provider. This information should never be considered personal medical advice. Always contact your health care provider with questions or concerns.