

Taking Charge of Your Diabetes
Centers for Disease Control and Prevention.
Take Charge of Your Diabetes. 4th edition. Atlanta:
U.S. Department of Health and Human Services, 2007.

Having Problems with High Blood Glucose

For most people, blood glucose levels that stay higher than 140 mg/dL (before meals) are too high. Talk with your health care team about the glucose range that is best for you.

Eating too much food, being less active than usual, or taking too little diabetes medicine are some common reasons for high blood glucose (or hyperglycemia). Your blood glucose can also go up when you're sick or under stress.

Over time, high blood glucose can damage body organs. For this reason, many people with diabetes try to keep their blood glucose in control as much as they can. Some people with type 2 diabetes may not feel the signs of high blood glucose until their blood glucose is higher than 300. People with blood glucose higher than 300 are more likely to have dehydration. Dehydration can become a serious problem if not treated right away.

Your blood glucose is more likely to go up when you're sick—for example, when you have the flu or an infection. You'll need to take special care of yourself during these times. The [Taking Care of Yourself When You're Sick](#) handout can help you do this.

Signs of High Blood Glucose

Some common signs of high blood glucose are having a dry mouth, being thirsty, and urinating often. Other signs include feeling tired, having blurred vision, and losing weight without trying. If your glucose is very high, you may have stomach pain, feel sick to your stomach, or even throw up. This is an emergency and you need to go to the hospital right away.

If you have any signs that your blood glucose is high, check your blood. In your logbook or on your record sheet, write down your glucose reading and the time you did the test. If your glucose is high, think about what could have caused it to go up. If you think you know of something, write this down beside your glucose reading.

Preventing High Blood Glucose

Keep a balance

Try to stay with your food and activity plan as much as you can. Drink water. Take your diabetes medicine about the same time each day. Work with your health care team to set goals for weight, blood glucose level, and activity.

Test your blood glucose

Keep track of your blood glucose and go over your records often. You'll learn how certain foods or activities affect your glucose. Show your records to your health care team. Ask how you can change your food, activity, and medicine to avoid or treat high blood glucose. Ask when you should call for help.