WESTERN CONNECTICUT HEALTH NETWORK
DANBURY HOSPITAL • NEW MILFORD HOSPITAL

Patient Education Sheet

What is Hyperglycemia?

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Hyperglycemia means that your blood sugar level is higher than the target level you have set with your physician. The American Diabetes Association recommends a target fasting blood sugar level of 90 – 130 mg/dl. Discuss your target fasting blood glucose range with your physician.

What are the symptoms of hyperglycemia?

Common symptoms of hyperglycemia include:

- Extreme thirst
- Hunger
- Frequent urination
- Blurred vision
- Dry skin
- Nausea
- Drowsiness

Symptoms generally develop gradually. Not everyone will experience all of the symptoms mentioned. Sometimes, there are no obvious symptoms.

What can I do to prevent hyperglycemia?

- ✓ Take your medication(s) for diabetes as directed by your physician.
- ✓ Follow the meal plan you developed with your dietitian.
- ✓ Monitor your blood sugar level as directed by your physician.
- ✓ Measure your blood sugar more often (such as, every 2 to 4 hours when you are ill).
- ✓ If you have type I diabetes, check your urine for ketones. If the reading is “small” or greater, call your physician immediately.
- ✓ Be sure to let all of your physicians know you have diabetes. Some medications raise your blood sugar.

Treatment of hyperglycemia depends on the cause:

Cause	Treatment
Food: To much food or too much carbohydrate eaten at one time.	• Work with your dietitian to adjust your meal plan.
Medication: Too low a dose of medication, the wrong type of medication or too little insulin may be the problem.	• Treatment related to medication must be discussed with your physician.
Illness: The stress of illness raises blood sugar levels.	• Do not stop taking medications to treat your diabetes unless otherwise directed by our physician. Your physician may even increase your dose of medication during periods of illness.
Dehydration: Not drinking enough fluids to meet the needs of your body.	• Drink plenty of carbohydrate-free fluids (i.e. water, caffeine-free diet beverages, low sodium broth).

Notes/Additional Information: _____

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Source: American Diabetes Association @ www.diabetes.org

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