

# Hyperglycemia — High Blood Glucose

Blood glucose 180 mg/dl or more

If you have any of these symptoms:



Frequent trips to the bathroom



Constant hunger



Itchy skin



Blurred vision



Extreme thirst



Fatigue

Then:

1. Check blood glucose four times a day.
2. Drink eight ounces of calorie-free fluids every hour.
3. Take your diabetes medicine as usual.

Type 1 diabetes:

Test urine ketones if blood glucose over 250 mg/dl

## Causes

- Too much food
- Illness, stress
- Too little exercise
- Not enough medicine

## Prevention

- Stay on meal plan.
- Exercise regularly.
- Take care of yourself.
- Take your medicine.

## Consult your physician if:

- 180 mg/dl or more for a week
- 240 mg/dl or more for 24 hours, if sick
- 300 mg/dl or more for two tests in a row
- A sore is not healing or you have an infection
- Moderate or large ketones (Type 1)

For questions, please call 407-303-2720 or visit [AdventHealthDiabetesInstitute.com](http://AdventHealthDiabetesInstitute.com)

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-2720.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-2720.