

Hyperglycemia is the term used to describe high blood glucose. The American Diabetes Association says the general goal for plasma blood glucose, before meals, is 70 – 130 mg/dL and an A1c of less than 7%.

What high blood glucose can be caused by:

- Too little insulin in your body
- Eating too much
- Not taking your medications
- Not getting enough exercise
- Being sick
- Stress

What does high blood glucose feel like?

Many people with diabetes have no symptoms or warning signs of high blood glucose. That's one reason that testing your blood glucose at home with a meter is so important. Some examples of symptoms that some persons may notice include:

- Very thirsty
- Blurry vision
- Tired
- Very high blood glucose may cause you to feel faint, sick to your stomach, or may even make you throw up.

What to do?

Type 1 diabetes:

- Check your blood glucose regularly. If your blood glucose is over 130 mg/dL before meals, or over 150 mg/dL before bedtime, these should be reported to your doctor or diabetes educator.
- Check for ketones in your urine.
- Follow your meal plan carefully.
- Take your medications carefully.
- See your doctor at least twice a year, more often if blood glucoses are not controlled.
- Call your doctor if your blood glucose is over 300 mg/dL.

Type 2 diabetes:

- Check your blood glucose regularly for large amounts of glucose in your blood.
- Follow your meal plan carefully.
- Take your medications carefully.
- See your doctor at least twice a year, more often if blood glucoses are not controlled.
- Call your doctor if your blood glucose is over 300 mg/dL.