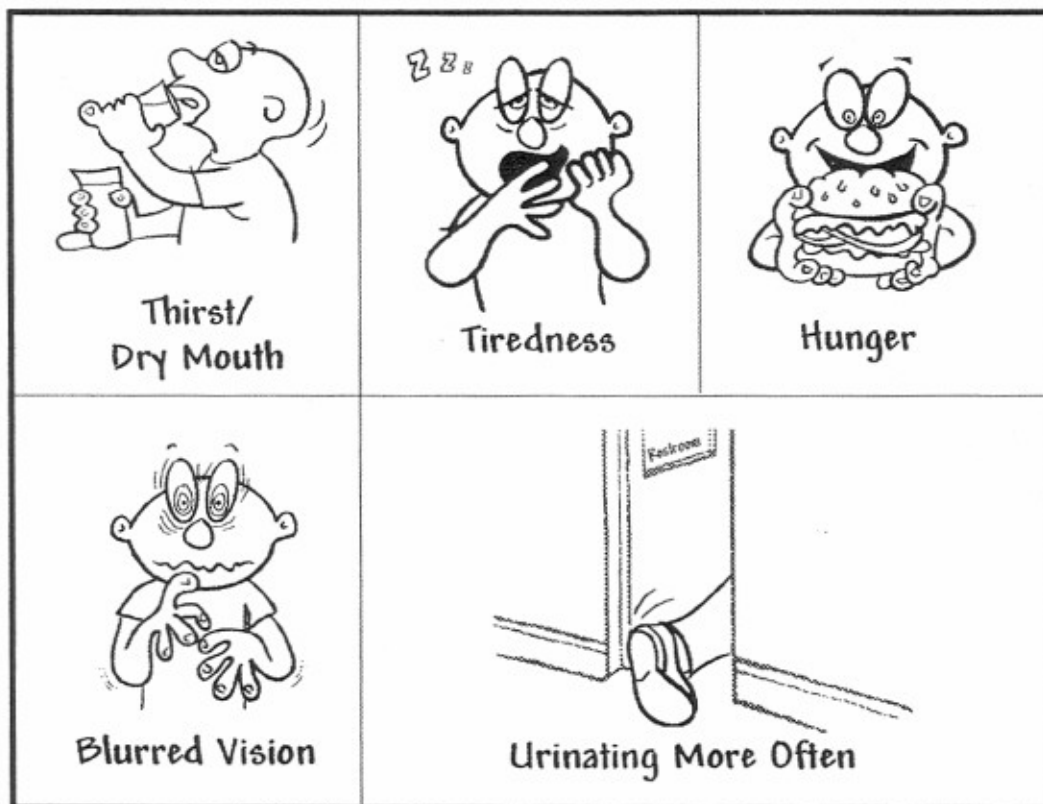


High Blood Sugar Symptoms



Test blood sugar.



If blood sugar is
over 300 mg/dl
2 times in a row,
contact your health
care provider.



How Can You Treat High Blood Sugar?

Checking your blood sugar will help you keep your blood sugar in the target goal range. It will show you if your blood sugar is high, low or in the normal range. Most people check their blood sugar at least twice a day. They also check when they feel signs of low or high blood sugar.

People with diabetes need to know the symptoms and treatment for high blood sugar. Sometimes food, activity and medicine are not balanced and blood sugar goes too high. Increased food, increased stress, decreased physical activity and not enough medicine are some of the reasons for high blood sugar.

High blood sugar symptoms

Blood sugar is too high if it is above 160 mg/dl. You may not feel any symptoms of high blood sugar until it is much higher than 160. Check your blood sugar often, including when you have any of these symptoms:

- urinating more often
- thirst
- dry mouth
- tired or weak
- blurred vision
- weight loss
- sores that do not heal

Treating high blood sugar

If your blood sugar is over 160, you need to do these things:

- eat planned meals
- be active
- take medicine if a dose was skipped
- drink plenty of water or sugar-free fluids
- check blood sugar more often

Be safe!

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

- blood sugar readings above usual range for more than one week
- symptoms of high blood sugar
- two blood sugars in a row over 300
- vomiting, abdominal pain, dizziness, confusion

Blood Sugar Goals	Target Range
Fasting blood sugar	80-120
Blood sugar 2 hours after a meal	80-160
Bedtime blood sugar	100-160

