

# Hyperglycemia— Type 2

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There may be times when there is too much sugar (glucose) in your blood. In general, more than 180 is high. This is called *hyperglycemia*, or high blood sugar. Your meal plan and exercise can help prevent high blood sugar. But it may still happen when you are sick or under a lot of stress. It may be high if your dose of insulin or diabetes pills is too small. Taking certain medicines can also make blood sugar rise.

## HOW TO KNOW WHEN BLOOD SUGAR IS HIGH

If your blood sugar is too high, you:

- May be very thirsty
- May go to the bathroom a lot

But many people with Type 2 diabetes do not have any signs that their blood sugar is high. So it's hard to know if your blood sugar is high just from the way you feel. It's best to check your blood sugar a few times each day so you can be sure.

Don't let your high blood sugar go untreated even if you feel O.K. If it is left untreated for too long, it can lead to more health problems.

## Check your blood sugar at these times:

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**Your blood sugar is high when it is \_\_\_\_\_ or higher.**

**Do this when you have high blood sugar:**

- Drink lots of water.
- If your blood sugar is \_\_\_\_\_ or higher for more than 24 hours, call your doctor.

**NOTES:**