

# Hyperglycemia— Type 1



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 your insulin dose is too small. It may get high if you are sick or under a lot of stress. Taking certain medicines can also make blood sugar rise.

## SIGNS OF HIGH BLOOD SUGAR

When you have high blood sugar, you may have these signs:

- Feeling very thirsty
- Going to the bathroom a lot
- Feeling very tired
- Feeling nauseous
- Feeling like you will faint
- Losing weight quickly

## CHECK YOUR BLOOD SUGAR

It can be 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. You could check your blood sugar when you wake up in the

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morning and either before supper or before bed. If your blood sugar stays high, it can lead to more health problems. Knowing when you have high blood sugar can help you treat it in time. 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:**

- If your blood sugar is more than 250, test for ketones in your urine.
- If your blood sugar is \_\_\_\_\_ or higher for \_\_\_\_\_ hours, call your doctor. You may need to take more insulin.
- Drink 8 ounces of water every \_\_\_\_\_.

**NOTES:**