

# Understanding Hyperglycemia (High Blood Glucose)

When you have diabetes, you have hyperglycemia.

Hyperglycemia means that there is too much glucose, a form of sugar, in your bloodstream.

When your glucose is 180 mg/dL or higher two hours after eating, you have hyperglycemia.

If you become hyperglycemic, or your blood glucose goes too high, you may begin to experience symptoms such as: frequent urination, increased thirst; unusual tiredness; blurred vision; and cuts, sores, or skin infections that take a long time to heal.

These symptoms will probably be similar to those you had when you were first diagnosed.

*“So I would describe high sugar as you feel miserable. It’s awful. You get really thirsty, like, it’s an unquenchable thirst. Sometimes it affects my vision, but not usually, but sometimes. You get cranky. You just really, though, this, like, feeling, you just feel awful.”*

Your blood glucose may go too high when you eat the wrong balance of foods, skip physical activity, forget to take your medication, or take a smaller amount.

Hyperglycemia can also happen for reasons beyond your control, such as when you’re sick... or under unusual stress.

High blood glucose may last for hours, days, or even weeks, depending on the cause and can lead to long-term health problems.

Sometimes your blood glucose may be too high and you won’t experience any symptoms at all.

That’s why home blood glucose checks on a regular basis are so important.

Talk with your diabetes care team about high blood glucose and when to call if your blood glucose results are above your target range.

If your blood glucose levels are high on a regular basis, you and your diabetes care team may need to make changes to your management plan to achieve your blood glucose goals.

Keeping your blood glucose in your target range and avoiding hyperglycemia, or high blood glucose, can go a long way to preventing the long-term health problems of diabetes.

Although Diabetes is complex, it’s manageable when you have the right information and support. Diabetes Care and Education Specialists are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at [www.DiabetesEducator.org/find](http://www.DiabetesEducator.org/find).