

TAKE 5

TO CARE 4 YOURSELF

HIGH BLOOD GLUCOSE (HYPERGLYCEMIA)

There's a lot you can do to help keep yourself healthy with diabetes.



High blood glucose (blood sugar) is also called hyperglycemia, which happens when there is too much glucose in your blood. Over time, it can cause serious health problems.

Causes

High blood glucose can happen if you:

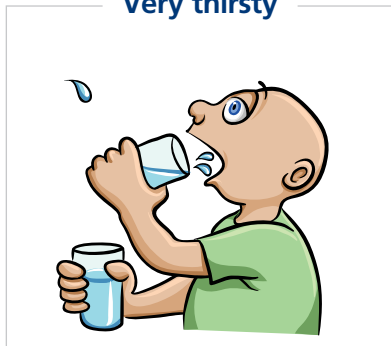
- Miss a dose of insulin or other diabetes medication
- Eat differently or more than planned
- Are less active than usual
- Are under stress or sick

High blood glucose can also happen as your diabetes changes over time.

Signs and Symptoms

Here's what may happen when your blood glucose is high:

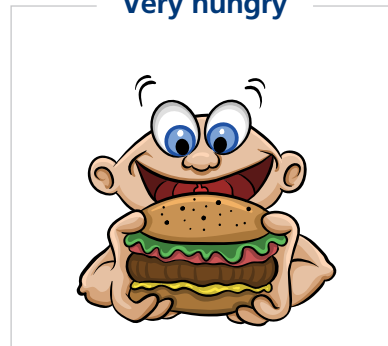
Very thirsty



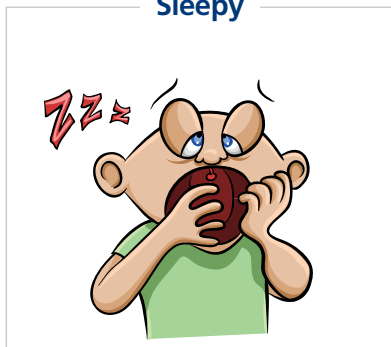
Needing to pass urine more than usual



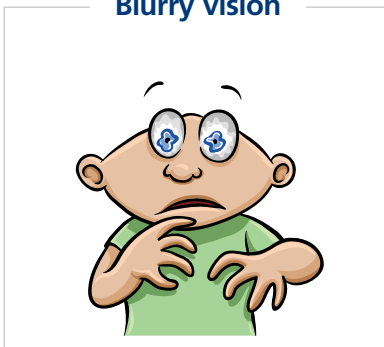
Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual



Or you may have no symptoms at all.



HIGH BLOOD GLUCOSE (HYPERGLYCEMIA)

What to do about high blood glucose

The best way to avoid high blood glucose is to follow your diabetes care plan:



FOLLOW

Take your medicines as directed



Follow your meal plan



Follow your physical activity plan

Call your diabetes care team if your blood glucose has been higher than your goal for 3 days and you don't know why.



CALL

The best way to know if you have high blood glucose is to check your blood glucose regularly, as directed by your doctor.



CHECK

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for additional resources and to register for a FREE diabetes support program! Point your smartphone camera at the QR code for quick access to the website on your phone.

 Eating

 Moving

 Treating

 Staying on Track



Novo Nordisk Inc. grants permission to reproduce this piece for nonprofit educational purposes only on condition that the piece is maintained in its original format and that the copyright notice is displayed. Novo Nordisk Inc. reserves the right to revoke this permission at any time.

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2021 Novo Nordisk Printed in the U.S.A. US21PAT00047 June 2021

[Cornerstones4Care.com](https://www.cornerstones4care.com)

