

SIGNS OF HIGH BLOOD GLUCOSE (HYPERGLYCEMIA)



DRY MOUTH



VERY THIRSTY



FREQUENT URINATION



VERY TIRED



ANY INFECTIONS AND WOUNDS
THAT WON'T HEAL



WHAT TO DO IF YOU HAVE HIGH BLOOD GLUCOSE HYPERGLYCEMIA

Hyperglycemia happens when there is too much sugar in the blood

Hyperglycemia is high blood glucose over:

- 7 mmol/L fasting and before meals
- 10 mmol/L 1 hour after meal
- 8 mmol/L 2 hours after meal

If thirsty, drink water.

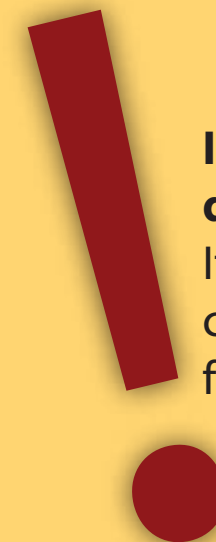


If your blood glucose is over 10 mmol/L for more than 3 days in a row, with or without symptoms, talk to your health care team.



It's normal to adjust your diabetes medication overtime.

It's not diabetes that causes complications, but high blood glucose for a long period of time.



Do you know that physical activity works like a diabetes medication?

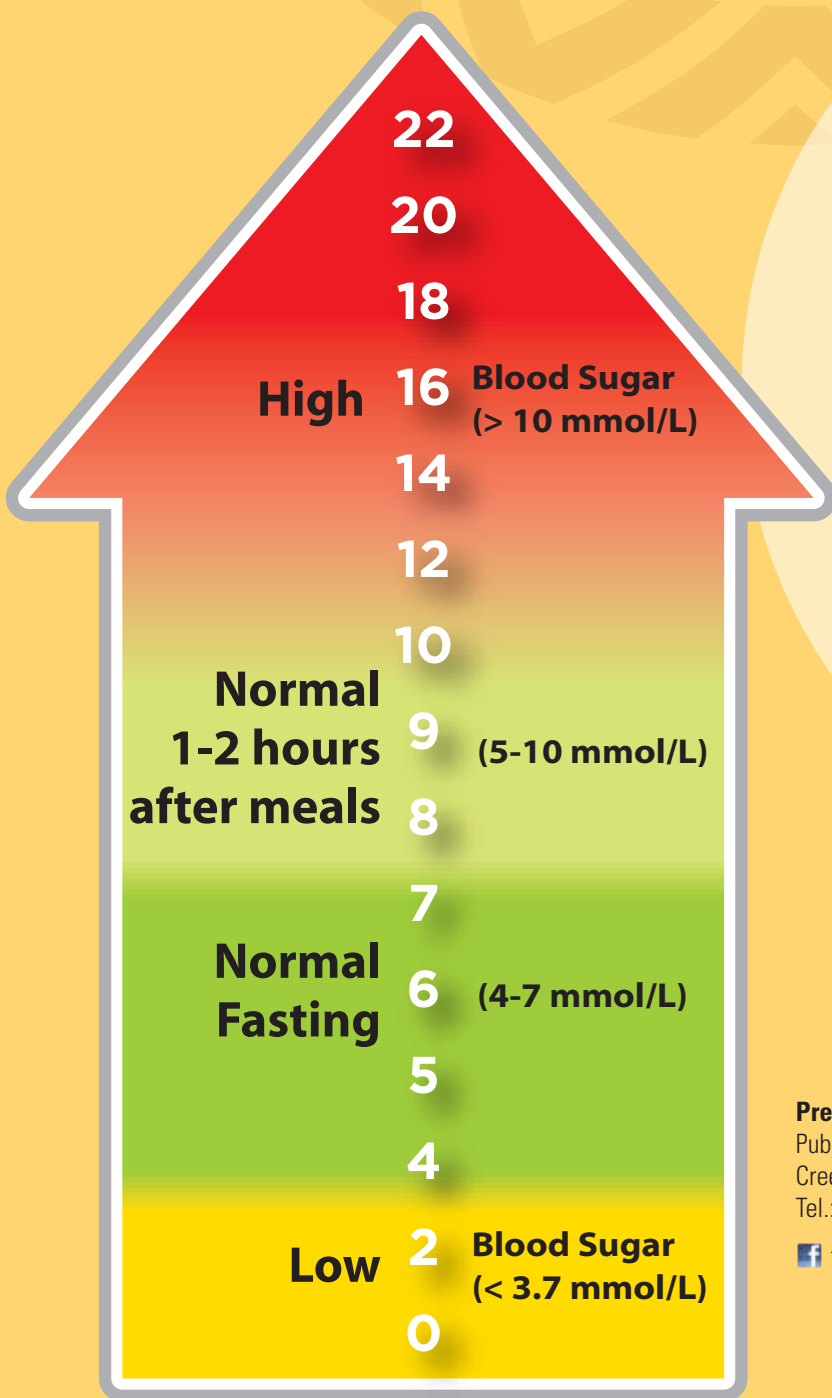
Walk as much as possible to do your daily activities.



To know if your BG is high, you need to check it, since you can feel well and have high BG.



WHY DO I HAVE HIGH BLOOD GLUCOSE



- I'm less active?
- I forgot my medication?
- It's time to adjust my medication?
- I have trouble with insulin injection?
- My glucometer isn't accurate?
- I'm eating more carbs than usual?
- I feel sick or I'm having an infection?
- I'm stressed?

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Conseil Cri de la santé et des services sociaux de la Baie James

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Cree Board of Health and Social Services of James Bay

To print more copies of this document,
and for different language versions, go to:
<http://creehealth.org/library/hyperglycemia>

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