



HYPERGLYCAEMIA

HIGH BLOOD SUGAR

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HYPERGLYCAEMIA, also known as '**Hyper**', is when the glucose levels in your blood are too high. Ideally you should try and keep your blood glucose levels above 4 mmol/l and below 7 mmol/l at all times.

Hyperglycaemia can be **mild** or **severe** depending on how high your blood glucose levels are, these levels will vary greatly between individuals. Below are some of the common symptoms to look out for:

Increased thirst	Blurred vision
Weight loss	Light headedness
Fatigue	Flushed, hot, dry skin
Ravenous appetite	Restlessness, drowsiness or difficulty waking up
Increased urination	



HOW TO MANAGE YOUR DIABETES

DIET - A healthy diet and proper meal planning. This includes eating often, watching intake of sugar and carbohydrates, limiting the intake of alcohol and eating a diet rich in vegetables, fruit and whole grains.

EXERCISE - Regular exercise is important. Maintaining a healthy level of activity can help you keep your blood glucose level within a normal range. However, if ketones are present in your urine, don't exercise as your blood glucose will rise higher.

INSULIN ADJUSTMENT - You may need adjustment of your insulin dose and clinical treatment. Please contact your GP or diabetes nurse for advice.

PREVENTING HYPERGLYCAEMIA

You should try and keep a constant level of glucose in your blood at all times. Measuring blood glucose on a regular basis will help to make sure it is not rising above or falling below the recommended level.

- **Keep a record** of any high blood glucose readings as your health-care team will be able to see any patterns and find ways to prevent them.
- **Carry some form of identification** specifying you have diabetes and your treatment e.g. medical identification necklace, bracelet or wallet card.