

Wyoming  
Department  
of Health

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**Wyoming Healthy Together Program**  
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## Hyperglycemia (High Blood Sugar)

Too much glucose (sugar) in your blood is called hyperglycemia or high blood sugar. High blood sugar can lead to a dangerous condition called **ketoacidosis**. In severe cases, it can lead to coma.

### Possible Causes of Hyperglycemia

- Eating too much food, especially carbohydrates
- Being less active than usual
- Not taking enough medication
- Being sick
- Being under stress

### Symptoms of Hyperglycemia

Hyperglycemia may not cause symptoms. If you do have symptoms, they may include:

- Thirst
- Frequent need to urinate
- Feeling tired
- Nausea
- Itchy, dry skin
- Blurry vision
- Fast breathing
- Weakness
- Dizziness
- Wounds or skin infections that don't heal

### What You Should Do

- Check your blood sugar.
- Drink sugar-free, caffeine-free liquids such as water or diet soda. Don't drink fruit juice.
- Check your blood sugar again every 4 hours. If you take insulin or diabetes medications, follow your sick-day plan for taking medication. Call your healthcare provider if you are not able to eat.
- Check your blood or urine for ketones as directed.
- Call your healthcare provider if your blood sugar and ketones do not return to your target range.



### Preventing High Blood Sugar

To help keep your blood sugar from getting too high:

- Follow your meal plan. Eat only the amount of food on your meal plan.