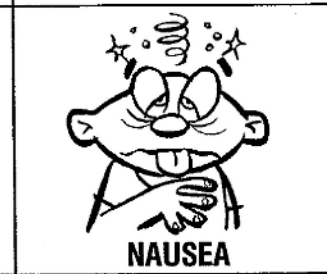
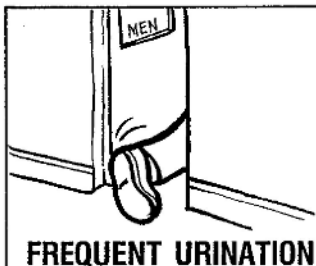


# Hyperglycemia

Hyperglycemia, or high blood sugar, is when your blood sugar is over 200mg/dL.

**If you have any of the following symptoms, you may be having a high blood sugar.**



## Possible Causes

- Eating too many carbs or an unbalanced meal.
- Being inactive.
- Missing a dose of medication.

## How to Prevent High Blood Sugar

- Watch how much and how often you eat.
- Exercise every day.
- Take your medication as directed.
- Check your blood sugars every day.

Step 1

### Check your blood sugar:

If it is over 200mg/dL, move on to Step 2.

Step 2

### Did you eat too much food?

If yes, drink 1 cup of water or a sugar-free drink every hour. If no, move on to Step 3.

Step 3

### Did you forget to take your medicine?

If yes, take your medicine. If no, move on to Step 4.

Step 4

### Do you have an infection? Or other stress?

Check your blood sugar frequently, and call your doctor if it remains over 200mg/dL for more than 3 days.



Diabetes from the  
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