

## Symptoms

When blood sugar is high for a few hours or days:



FATIGUE AND DROWSINESS



INTENSE THIRST AND DRY MOUTH



FREQUENT URGE TO URINATE



IRRITABILITY

**Also:** Difficulty concentrating

When blood sugar is high for several weeks or months:



BLURRED VISION



EXTREME HUNGER



UNINTENTIONAL WEIGHT LOSS

**Also:**

- More frequent infections
- Sores that do not heal well

For people with type 1 diabetes who have ketoacidosis:

- Nausea
- Vomiting
- Abdominal pain
- Fruity breath

## What can cause high blood sugar?

- You ate more carbohydrates than usual.
- You are less active than usual or have done a very intense physical activity.
- You are experiencing physical (e.g., illness, pain) or psychological (e.g., bereavement, a new job) stress.
- Your hormones are fluctuating.
- You are taking certain medications that raise your blood sugar (e.g., cortisone).
- You forgot to take your medication or insulin or didn't take the prescribed dose.
- Your treatment requires adjustment.

For people at risk of low blood sugar:

- You have taken too much sugar to treat low blood sugar.
- You had low blood sugar during the night without treating it (causing rebound high blood sugar in the morning).

### Questions about diabetes?

InfoDiabetes Service

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Diabetes School

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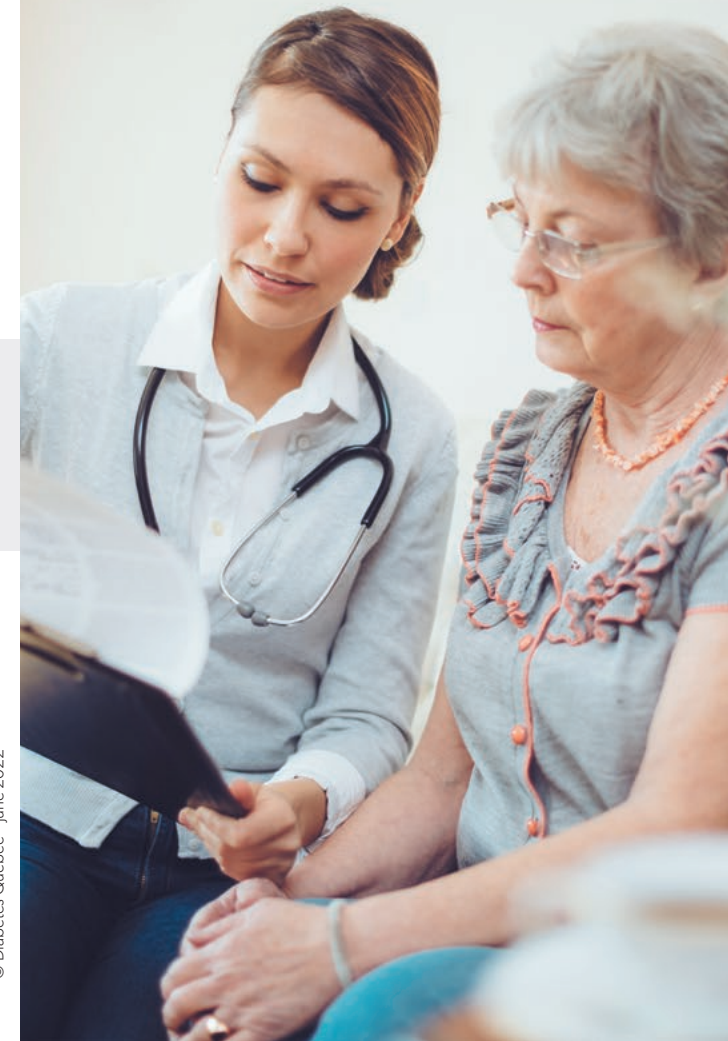
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# High Blood Sugar Symptoms and Actions to Take



# What is high blood sugar?

High blood sugar is an increase in blood sugar levels above target values, i.e.:

- Above 7 mmol/L, on an empty stomach or more than four hours after eating;
- Above 10 mmol/L, two hours after the start of a meal.

## What you should do if you have high blood sugar

### For a person living with type 2 diabetes

Call a doctor without delay if one or more of these situations arise:

—  
Your blood sugar is above 25 mmol/L and you are excessively drowsy.

—  
You are confused, restless or hallucinating or your behaviour is unusual.

—  
You are unable to tolerate any liquids or solid food.

—  
You present signs of dehydration, such as dry mouth, sunken eyes, or dry, less pliable skin.

—  
Your body temperature has been above 38.5°C for more than 48 hours.

### For everyone

—  
Drink water regularly to help your body eliminate excess sugar in your urine and prevent dehydration.

—  
If possible, do some light physical activity, such as walking.

—  
Reduce excessive consumption of foods containing carbohydrates.

—  
Follow the adjustment protocol for your medication or insulin as recommended by your healthcare team.

—  
Practice ways to manage your stress.

—  
Measure your blood sugar more often.

—  
Try to identify the cause of the high blood sugar and take appropriate steps to prevent it from happening again.

### For a person living with type 1 diabetes

If your **blood sugar is above 14 mmol/L**, check your blood for ketones to assess the risk of ketoacidosis and follow the recommendations of your healthcare team.

Call a doctor without delay if one or more of these situations arise:

—  
Your blood sugar is above 20 mmol/L, despite a corrective bolus of insulin.

—  
The level of ketones in your blood is above 1.5 mmol/L and you have nausea, vomiting, fruity breath or abdominal pain.

—  
The level of ketones in your blood is above 3 mmol/L.

**Frequent high blood sugar increases the long-term risk of developing complications to your eyes, kidneys, nerves, genitals, heart and blood vessels.**