

High blood sugar (Hyperglycemia)

Causes

High blood sugar (also called hyperglycemia) is when there is too much sugar in your blood. Over time, it can cause serious health problems.

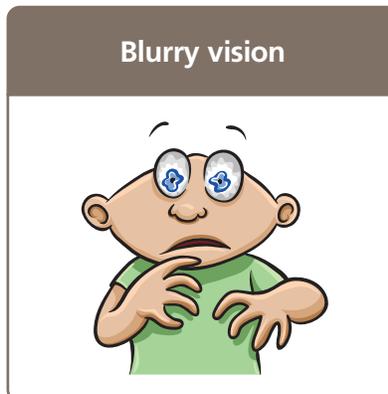
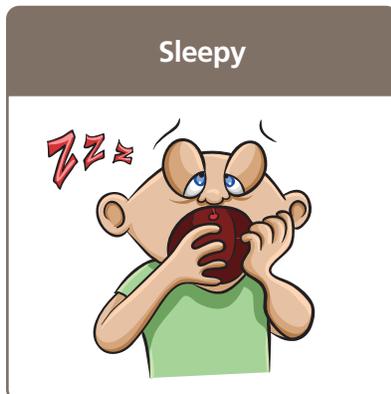
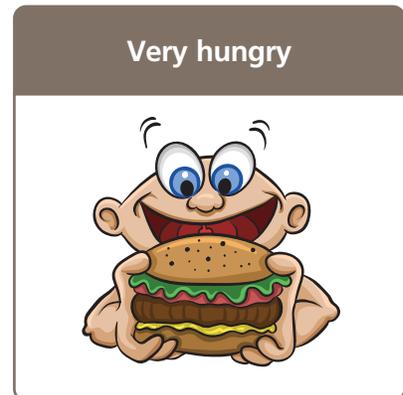
High blood sugar can happen if you:

- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or sick

High blood sugar can also happen as your diabetes changes over time.

Signs and Symptoms

Here's what may happen when your blood sugar is high:



Or you may have no symptoms at all.

High blood sugar (Hyperglycemia)

What to do about high blood sugar

Follow

The best way to avoid high blood sugar is to follow your diabetes care plan:

Take your medicines as directed



Follow your meal plan



Follow your physical activity plan



Call

Call your diabetes care team if your blood sugar has been higher than your goal for 3 days and you don't know why.



Check



The best way to know if you have high blood sugar is to check your blood sugar regularly, as directed by your doctor.

For more information, visit [Cornerstones4Care.com](https://www.Cornerstones4Care.com)

Novo Nordisk Inc. grants permission to reproduce this piece for nonprofit educational purposes only on condition that the piece is maintained in its original format and that the copyright notice is displayed. Novo Nordisk Inc. reserves the right to revoke this permission at any time.

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2020 Novo Nordisk Printed in the U.S.A. US20PAT00055 May 2020 [Cornerstones4Care.com](https://www.Cornerstones4Care.com)

