

# High Blood Sugar

(Hyperglycemia)

## Causes

Over time, too much sugar in your blood can cause serious health problems. High blood sugar (also called hyperglycemia) can occur if you:

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

## What to do about high blood sugar

The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar is higher than your goal for 3 days in a row or as suggested by your diabetes care team.

## Signs & Symptoms

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



Very thirsty



Needing to pass urine more often than usual



Dry skin



Very hungry



Sleepy



Blurry vision



Infections or injuries heal more slowly than usual

For more information, call the Novo Nordisk Diabetes Tip Line at 1-800-260-3730, or visit us online at [ChangingDiabetes-us.com](http://ChangingDiabetes-us.com).

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