

High Blood Glucose (Hyperglycemia)

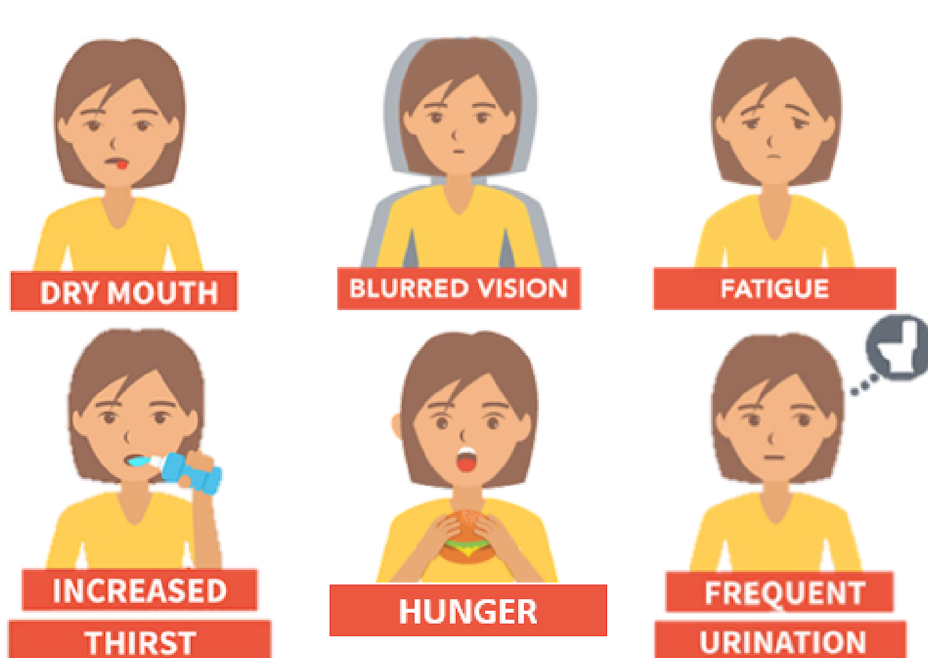
What is Hyperglycemia?

Hyperglycemia, also known as high blood glucose, usually refers to blood glucose level more than 15 mmol/L.

Hyperglycemia can damage body organs such as eyes, heart, kidneys and your nervous system. If left untreated, it can potentially lead to serious diabetes emergencies such as Diabetic Ketoacidosis (DKA) or Hyperosmolar Hyperglycemia State (HHS).



What are the symptoms of Hyperglycemia?



Common Causes of Hyperglycemia

(For patients with diabetes and on medication)

Diabetes Medication/Insulin:

- Skipping diabetes medication /insulin
- Incorrect use of insulin e.g. wrong insulin injection technique



Diet:

- Taking too much refined sugars or starchy food (mismatch with treatment)



Exercise:

- Being too sedentary



Others:

- Acute illness e.g acute infection or on steroid therapy



What should you do when you have high blood glucose?

- Check your blood glucose regularly
- Drink plenty of sugar-free fluids and water.
- Take corrective actions if you know the underlying causes of your high blood glucose, e.g.
 - To resume diabetes medication/insulin as prescribed if you are skipping them.
 - Avoid or reduce your intake of sugary beverage and food.
 - Increase physical activity if you have been less active.

How can we seek medical help early?

Seek medical help early if your blood glucose levels are persistently more than 15mmol/L and you are feeling unwell or with symptoms of hyperglycemia.



Contributed by Nursing

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