



## Hyperglycaemia

**Hyperglycaemia means high blood glucose levels. It is possible for your blood glucose levels to be high and not be aware of it because many people do not experience the symptoms of hyperglycaemia (hyper).**

### Symptoms of a hyper include:

- Feeling excessively thirsty
- Frequently passing large volumes of urine
- Feeling tired
- Blurred vision
- Infections (e.g. thrush, cystitis, wound infections)
- Headaches
- Abdominal pain

### Some of the reasons hypers happen are due to:

- Sickness
- Infection
- Stress
- Too much carbohydrate food
- Not enough insulin or diabetes tablets
- Other tablets or medicines

### Treatment of hyperglycaemia

For most people with type 2 diabetes it is normal for blood glucose levels to go up and down throughout the day. An occasional high blood glucose level (in the short term) may not be a problem, as this may be attributed simply to eating too much carbohydrate at one sitting. However, if you experience a hyper over an extended period of time i.e. over 12 hours or you are feeling unwell at any time, it is important to follow the steps on our [‘sick days and type 2 diabetes’ fact sheet](#).

If your blood glucose levels continue to remain high contact your doctor or credentialled diabetes educator. High blood glucose levels can, in

some cases, result in an emergency situation such as Hyperglycaemic Hyperosmolar State (HHS) and require emergency hospitalisation and treatment.

**If you would like more info contact our Customer Care Line on 1300 136 588**

