
Diabetes and High Blood Sugar

What is blood sugar?

Blood sugar is the amount of sugar in your blood at any given time of day.

Blood sugars should be:

Fasting – nothing to eat for at least 8 hours	4.0 to 7.0 mmol/L
2 hours after meals	5.0 to 10.0 mmol/L

What is high blood sugar?

High blood sugar is having:

- a fasting blood sugar over 7.0 mmol/L **or**
- a blood sugar greater than 10.0 mmol/L 2 hours after a meal

High blood sugar is also called hyperglycemia.

What causes high blood sugar?

The causes of high blood sugar are:

- eating more food than you should
- eating food high in sugar, such as candy, pop, cake and pies
- being sick or ill
- feeling stressed or tense
- taking too little diabetes medication
- forgetting to take your diabetes medication
- taking other medications – always tell members of the health care team all of the medications you take

How will I feel if I have high blood sugar?

When you have high blood sugar, you may:

- feel tired
- feel thirsty
- feel hungry
- urinate more often
- have blurred vision
- have a dry mouth



How is high blood sugar treated?

The treatment of high blood sugar includes:

- following a healthy diet
- eating the portions advised by Canada's Food Guide or your Registered Dietitian
- avoiding food high in sugar such as candy, pop, cake and pies
- working with your doctor or health care provider to find the right amount of medication for you