

# Hyperglycaemia

When your blood glucose levels are too high, this is called hyperglycaemia and commonly referred to as a hyper or simply, high.

High blood glucose levels are above 7mmol/L before a meal or 9mmol/L in the 2 hours after eating a meal.



If your blood glucose levels are too high, some common symptoms are:

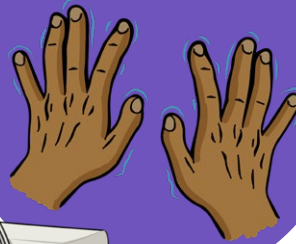


Having a Headache

Blurry Vision



Shaking



Feeling Sick



Difficulty Concentrating

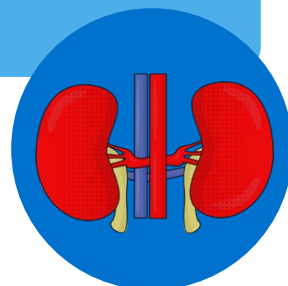
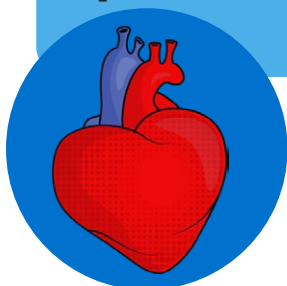
Feeling Thirsty



Needing To Wee a Lot

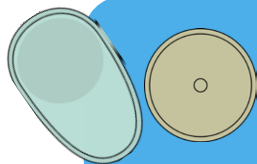


It is important to correct high blood glucose as soon as possible with your insulin, in order to avoid complications with your health.



# Here Are Some Top Tips For Managing Your Blood Glucose

It can be difficult to keep your blood glucose in range all of the time because so many everyday things affect it.



**Monitor your blood glucose levels throughout the day by using a meter or by wearing a sensor.**



**Knowing your blood glucose level is an essential part of diabetes management.**



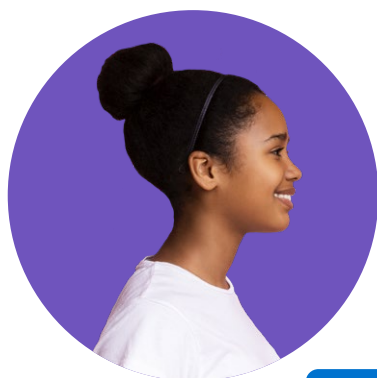
**Make sure your injection sites are not lumpy, move your injections/ cannulas around regularly to avoid lumps as this helps with absorption.**



**Carb counting is also an important way to make sure the insulin you take for food is accurate.**



**Checking on your emotional wellbeing, getting regular exercise and good sleep are also good ways to help keep your Blood glucose levels steady.**



**If you are worried about how many hypos or hypers you are having, speak to your diabetes team for support and help making adjustments.**



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More resources can be found in the DigiBete app or on the DigiBete website [www.digibete.org](http://www.digibete.org)



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