

Checklist for Controlling High Blood Sugar

People with type 2 diabetes may experience high blood sugar (known medically as hyperglycemia) if they are not managing their blood sugar effectively. It's important to understand and recognize symptoms of hyperglycemia so you can work with your diabetes healthcare team (primary care provider, endocrinologist and diabetes educator) to better control your blood sugar.

Use this checklist to help you understand high blood sugar, and talk with your diabetes healthcare team about how to avoid future episodes from occurring.

- Patients with type 2 diabetes may have no symptoms. However, when sugar levels become high, you may experience:
 - Frequent urination
 - Unusual thirst
 - Extreme hunger
 - Unusual weight loss
 - Extreme fatigue and irritability
 - Blurred vision
 - Frequent infection

- If you are experiencing symptoms of high blood sugar, check your blood sugar right away and talk with your diabetes healthcare team.

- Talk with your diabetes healthcare team about ways to avoid high blood sugar, including regular blood sugar monitoring and making potential adjustments to your meal plan, physical activity and your medications.

- Work with your diabetes healthcare team to discuss your meal plan, and make healthy food choices regularly to help keep your blood sugar at a steady level.

- If you take medication, it's important to be consistent with the amount and timing of your meals, snacks and dosage.

- Talk with your diabetes healthcare team before starting a new exercise program, as adjustments to your medication may be necessary.

- Carry identification, such as a bracelet, necklace or wallet card, that has a medical alert message specifying you are taking medication to treat diabetes.