

Steroids and High Glucose Levels

An information guide



The Information Standard



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Member



Steroids and High Glucose Levels

You have been prescribed steroid treatment

For many conditions, the benefits of taking steroids usually outweigh the side-effects. However, side-effects can sometimes be troublesome.

You should read the information leaflet that comes inside your medicine packet for a full list of possible side-effects.

The purpose of this leaflet is to warn you about the possibility of high blood glucose (sugar) levels and any symptoms you may encounter.

If you have diabetes, or have previously been told that you have had high blood glucose levels, please tell the person who has prescribed the steroids for you. You may require extra/additional treatment while taking the steroids.

If you do not have diabetes the steroids may cause "temporary diabetes". If this occurs then it is important that appropriate treatment is commenced as soon as possible.

What symptoms should you look for?

Symptoms of high blood sugars are:

- Passing urine more often than usual, especially at night.
- Increased thirst.
- Extreme tiredness.
- Blurred vision.
- Unexplained weight loss.
- Genital itching or regular episodes of thrush.

If you develop any of the previous symptoms make an appointment with your GP who can do a simple blood test to check the blood sugar level.

If you develop any of the previous symptoms some simple changes to your diet may help such as:

- **Do not** add sugar to drinks or food - you can use artificial sweeteners instead.
- **Avoid** very sweet foods such as cakes, biscuits, sweets, chocolates, sugar coated cereals.
- **Avoid** full sugar fizzy drinks and cordials e.g. Pepsi Cola and avoid concentrated fruit drinks e.g. orange juice, instead have diet or no added sugar drinks e.g. Pepsi Max or Robinson R cordial.
- **Ensure** you eat 3 small meals each day and drink plenty of non-sugar drinks during the day.

If you feel unwell please **urgently** contact your GP for advice or visit your local Accident and Emergency department.

Aknowledgements

This leaflet has been produced with Thanks to Salford Royal NHS Foundation Trust.

If English is not your first language and you need help, please contact the Interpretation and Translation Service

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

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For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897

For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service

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