

Hyperglycemia (High Blood Glucose)

CHANGINGlife
WITHDIABETES

Causes

Over time, too much sugar in your blood can cause serious health problems. High blood sugar (also called hyperglycemia) can occur if you:

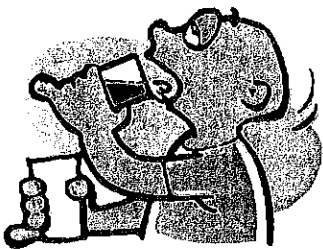
- Skip a dose of insulin or diabetes pills
- Eat more than usual
- Are less active than usual
- Are under stress or are sick

What to do about high blood sugar

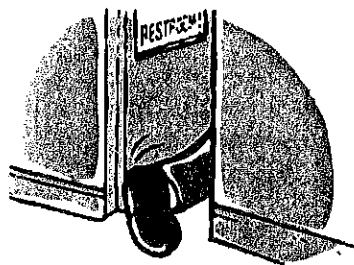
The best way to avoid high blood sugar is to follow your diabetes care plan. Call your diabetes care team if your blood sugar is higher than your goal for 3 days in a row or as suggested by your diabetes care team.

Signs & Symptoms:

Here's what may happen when your blood sugar is high.



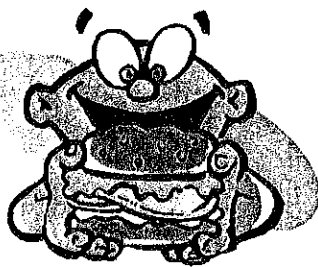
Very thirsty



**Needing to pass urine
more often than usual**



Dry skin



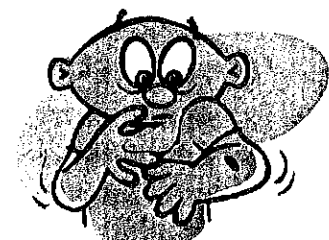
Very hungry



Sleepy



Blurry vision



**Infections or
injuries heal more
slowly than usual**

If symptoms of high blood sugar occur, CHECK your blood glucose, if greater than 300mg/dL, CHECK THE URINE for ketones using KETODIASTIX . If no ketones, proceed with usual care. Sugar free fluids should be encouraged.

If ketones are positive, notify the parents as soon as possible, child should rest and sugar free fluids should be encouraged. (3-8 oz. glasses/hr.) Water or sugar free beverages.

