Hyperglycemia (High Blood Glucose)

Main content area

Here’s where you’ll add content for your document. Be sure to keep sentences short and use language that’s easy to read. Please use Proxima Nova or Arial font size 11 or 12 for maximum readability.

Common Causes:
- Too much carbohydrate/ sugar
- Too little insulin
- Illness/ stress
- Very thirsty

If your blood glucose is high, you may feel:
- Need to urinate often
- Dry skin
- Hungry
- Blurry vision
- Sleepy
- Slow healing injury or infection

Treating High Blood glucose

1. Test blood glucose.
2. If more than 3 hours since the last insulin injection, give insulin according to your correction scale.
3. If blood glucose stays over 350 mg/dL 3 hours after giving correction dose, or the child is sick or vomiting, test urine for ketones.

What are Ketones?

Ketones are made by the body when there is not enough insulin in the body, or when the insulin you are taking has gone bad. A build-up of too many ketones in the blood can lead to a dangerous condition called diabetic ketoacidosis (DKA).

Check urine for ketones if blood glucose is higher than 350 mg/dL, when you are sick or have fever, vomiting, stomach-ache, or headache.

You will check for ketones by dipping a urine ketone strip in urine. Ketones can also be checked by blood with a blood ketone meter.
What to do with ketone strip results:

<table>
<thead>
<tr>
<th>Level</th>
<th>Action</th>
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<tbody>
<tr>
<td>Large</td>
<td>Call your diabetes team:</td>
</tr>
<tr>
<td>or</td>
<td>- If Monday through Friday, 8 am to 5 pm, call Diabetes Clinic at 916-734-3112 – tell the staff you are calling about ketones.</td>
</tr>
<tr>
<td>Moderate</td>
<td>- If 5 pm to 8 am, on weekends and university holidays, call on-call Pediatric Endocrinologist at 916-734-2011.</td>
</tr>
<tr>
<td>Small</td>
<td>Drink plenty of water, take correction insulin if appropriate, and recheck ketones in 2-3 hours</td>
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<tr>
<td>Trace</td>
<td>Continue routine diabetes care and drink plenty of water. Recheck for ketones in 2-3 hours.</td>
</tr>
<tr>
<td>Negative</td>
<td>Continue routine diabetes care.</td>
</tr>
</tbody>
</table>

Depending on the brand, ketone strips may go bad 2-6 months after opening. Check the package insert or ask the pharmacy about the “shelf life” of your strips.