

3b Hyperglycaemia



5. HYPERGLYCAEMIA

POSSIBLE HYPERGLYCAEMIA SYMPTOMS



DRY MOUTH



HEADACHE



WEAKNESS



BLURRED VISION



INCREASED THIRST



FREQUENT URINATION

What is Hyperglycaemia?

Hyperglycaemia or high blood glucose is the term given to raised blood glucose levels. While target blood glucose is 4-8 mmol/L, when blood glucose is 14 mmol/L or greater additional steps are needed.

Hyperglycaemia

- Check blood ketones any time blood glucose is 14 mmol/L or greater or if your child is vomiting
- Drink plenty of water.
- Try to work out the cause of hyperglycaemia and take action to correct or prevent (*see table below*).
- Record the reason for hyperglycaemia in your diary.

Sometimes hyperglycaemia may not cause any of the listed symptoms.

If you see a pattern of high blood glucose readings, discuss this with your diabetes team. The dose of insulin may need to be adjusted.

HYPERGLYCAEMIA

Possible causes and actions to prevent:

Causes

Infection.
High temperatures.



Illness

Actions

See your GP to find out cause.
Give correction dose.
Follow sick day rules.

Missed or insufficient insulin doses.
Lumpy injection sites.
Faulty equipment.
Incorrect insulin storage.



Insulin

Adjust carb ratio if hyperglycaemia is recurring (e.g. 1:10 to 1:8).
Set reminders to avoid forgetting doses.
Re-calculate doses (carb ratio may need to be adjusted).
Rotate injection sites.
Check equipment.

Decrease in level of activity.
Did not adjust insulin or carbs to cover exercise.



Exercise

Monitor blood glucose before and after exercise.
Adjust insulin doses/carb intake accordingly.

Under-estimation of carb content of meal.
Reading labels incorrectly.
Eating meals or snacks without insulin.
Over-treating hypoglycaemia.



Food

Learn the carb content of your meals and snacks.
Use 'Carbs & Cals' app. If unsure about carb counting, contact your dietitian.
Take insulin for all meals and snacks (over 10g).

Change of routine.
Stress.



Other

Monitor blood glucose more frequently.

If you have a lot of unexplained high blood glucose readings, please discuss with your diabetes team as the insulin dose may need to be adjusted.