### Understanding High Blood Sugar (Hyperglycemia)

**Child's Hospital & Research Center Oakland**

#### Signs and Symptoms
- Extreme thirst
- Frequent urination
- Tired/no energy
- Behavioral changes
- Grumpy
- Wets the bed
- Stomachache
- Blurry vision

#### What to Do

If there is a pattern of **three or more blood sugar readings over 180** at the same time of day:

1. Call our diabetes educator at **510-428-3885, ext. 5320**.
2. Please leave 5 days worth of current blood sugars on the voicemail.
3. We will review the blood sugars and call you back with an insulin adjustment.

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#### If Blood Glucose is Over 250 Twice in a Row, or if Your Child is Sick, Check Urine for Ketones

<table>
<thead>
<tr>
<th>If Trace or Small Ketones</th>
<th>If Moderate or Large Ketones</th>
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<tbody>
<tr>
<td>If there are trace or small ketones, <strong>drink lots of water, and keep testing until they are negative.</strong></td>
<td><strong>Call the doctor immediately to order extra insulin and receive medical guidance.</strong></td>
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<td>» During office hours (9 a.m. to 4:30 p.m.) call: <strong>510-428-3654 (option 5)</strong>.</td>
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<td>» If after hours/weekend/holiday call: 510-428-3000 and ask to speak to the on-call endocrinologist (diabetes doctor).</td>
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<td>» Please have blood sugar and ketone results ready.</td>
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**Endocrinology/Diabetes Center**

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510-428-3654
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