

# UNDERSTANDING HIGH BLOOD SUGAR (HYPERGLYCEMIA)



| SIGNS AND SYMPTOMS  | WHAT TO DO   |
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| <ul style="list-style-type: none"> <li>• Extreme thirst</li> <li>• Frequent urination</li> <li>• Tired/no energy</li> <li>• Behavioral changes</li> <li>• Grumpy</li> <li>• Wets the bed</li> <li>• Stomachache</li> <li>• Blurry vision</li> </ul> | <p>If there is a pattern of <b>three or more blood sugar readings over 180</b> at the same time of day:</p> <ol style="list-style-type: none"> <li>1. Call our diabetes educator at <b>510-428-3885, ext. 5320</b>.</li> <li>2. Please leave 5 days worth of current blood sugars on the voicemail.</li> <li>3. We will review the blood sugars and call you back with an insulin adjustment.</li> </ol> |

## IF BLOOD GLUCOSE IS OVER 250 TWICE IN A ROW, OR IF YOUR CHILD IS SICK, CHECK URINE FOR KETONES

| IF TRACE OR SMALL KETONES   | IF MODERATE OR LARGE KETONES   |
|---|--|
| <p>If there are trace or small ketones, <b>drink lots of water, and keep testing until they are negative.</b></p> | <p><b>Call the doctor immediately to order extra insulin and receive medical guidance.</b></p> <ul style="list-style-type: none"> <li>» During office hours (9 a.m. to 4:30 p.m.) call: <b>510-428-3654 (option 5)</b>.</li> <li>» If after hours/weekend/holiday call: 510-428-3000 and ask to speak to the <b>on-call endocrinologist</b> (diabetes doctor).</li> <li>» Please have blood sugar and ketone results ready.</li> </ul> |