

Hyperglycemia

Two possible complications related to diabetes may occur. One is **hyperglycemia**, which is defined as blood sugar greater than 300 at least two to three hours after eating. It can be caused by having too little insulin or eating too much carbohydrates.

Hyperglycemia can also occur with increased stress or illness. The symptoms of hyperglycemia may be already recognizable to you as your child may have shown some of these symptoms prior to being diagnosed with diabetes. Symptoms of hyperglycemia include:

- Excessive Thirst
- Frequent Urination
- Blurred Vision
- Fruity Breath
- Hunger

When a person is hyperglycemic, drinking water can help to lower blood sugars and flush any ketones from the body. Take insulin as scheduled. If your blood sugar is over 300 for three times during a day or for three days at the same time (for example, for three days before dinner), call your doctor as this may require an adjustment in the amount of insulin to be taken. It is also important to check urine for ketones when blood sugars are greater than 300.

Refer to Pink Panther Companion 13th Ed – Ch.15

What to do?

Again ~

1. Check blood sugar
2. Check ketones
3. Keep log of sugar & ketones
4. Call your doctor