

What You Need to Know About Hyperglycemia (High Blood Sugar)

Hyperglycemia, also known as high blood sugar, occurs when a child's or teen's **blood sugar level rises above 180** and can be potentially **dangerous if left untreated** for a prolonged period. It's imperative to take immediate action to lower high blood sugar levels to a safe range.

High blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become high:



Taking too little insulin for what I eat/drink



Illness or infection



Stress







Pump site issue








Growth spurt/hormones

If my blood sugar rises above 180 I may experience the following symptoms:





- **Thirst**
- **Frequent urination**
- **Blurry vision**
- **Increased hunger**

I need to check my blood sugar level and take immediate action to lower it by:


- 
Checking my pump and infusion sites for blockage
- 
Drinking water and resting
- 
Re-checking my blood sugar level in 1 hour
- 
Deliver correction dose of insulin per parent/guardian
- 
Checking for ketones in my urine or blood if my blood sugar level is **above 240**

If my blood sugar level remains high I may be in diabetic ketoacidosis (DKA) and need YOU to:

If I have ketones or exhibit any of the following symptoms:

- **Fruity breath**
- **Exhaustion**
- **Confusion**
- **Nausea or Vomiting**

Call my parents or caregiver


**If I lose consciousness:
Call 911
and stay with me
until they arrive**

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