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

In order to stay healthy, people with type 1 diabetes (T1D) aim to keep their blood sugar levels between a target range of 70 to 180. **Hyperglycemia**, also known as high blood sugar, occurs when blood sugar levels rise 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
- Delivering a 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:

- Call my parents or caregiver
- If I have ketones or exhibit any of the following symptoms:
  - Fruity breath
  - Exhaustion
  - Confusion
  - Nausea or Vomiting

If I lose consciousness:

- Call 911 and stay with me until they arrive

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