

Hyperglycemia (High Blood Sugar)

Causes

Too much food	Illness
Not Enough Insulin	Infection
Decreased activity	Stress

Symptoms

Thirst	Frequent urination
Fatigue	Blurred vision
Nausea	

Action Necessary

Check blood glucose
Check urine for ketones
Glucose > 300 mg/dL
or level set in Diabetes Care Plan

Mild
(Negative or trace/small ketones)

- Provide water or sugar-free beverage
- Allow unrestricted access to restroom
- Recheck blood glucose and ketones if symptoms persist
- For pumpers, follow protocol

Moderate/Severe
(Ketones = moderate to large)

- Provide sugar-free beverages 16-24 oz over 2 hours
- Allow unrestricted access to restroom
- Observe for signs of fruity smelling breath
- Administer insulin per Diabetes Care Plan
- Recheck blood glucose & ketones
- For pumpers, change set per protocol
- Call parent if child continues to have the above symptoms, vomits, is lethargic or is too ill to remain in school
- Call provider if parent unavailable



This resource should not replace the advice of a qualified health care provider.
If you wish to adapt or change this guide to fit your needs, please remove this credit line.



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