

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:

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**

For additional JDRF T1D resources and support visit jdrf.org/t1d-resources

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