Causes of Hyperglycemia
◊ Too much food
◊ Not enough insulin
◊ Decreased activity
◊ Illness
◊ Infection
◊ Stress/excitement
◊ If pump – insulin not being delivered (empty, tube kinked,

Onset
◊ Over time – Several hours or

SYMPTOMS
◊ Thirst
◊ Frequent urination – needing to go to the bathroom.
◊ Fatigue, sleepiness.
◊ Blurred vision.
◊ Stomachache, cramps nausea, vomiting
◊ If away from school always contact school at __________ and inform of situation or if intervention needed

IF SYMPTOMS –TAKE ACTION
♦ Check blood sugar if possible.
♦ Test for urine or blood ketones if above 300 if supplies available
♦ If not at school contact school if intervention is

MILD
Ketones = Negative or trace/small
* Provide unrestricted water or non-sugared drinks.
* Allow unrestricted access to restroom.
* Inform parent/guardian
* If pump – may require attention from parent. (filling of reservoir, changing set, insulin administration, etc)

MODERATE TO LARGE
Ketones = Moderate to large
➤ Provide unrestricted water or non-sugared drinks.
➤ Allow unrestricted access to bathroom.
➤ Call parent.
➤ Restrict PE and recess (physical activities)
➤ If pump – parent attention required.
➤ Recheck blood sugar and ketones hourly if symptoms change.
➤ Call 911 if decreasing alertness, vomiting, nausea, occur.