

## High Blood Sugar (Hyperglycemia)

### Signs and symptoms:

- \* extreme thirst
- \* frequent urination
- \* blurry vision
- \* stomach ache
- \* wets the bed
- \* behavioral changes
- \* tired/no energy
- \* grumpy

### What to do:

1. If there is a pattern of three or more blood sugar readings over 200 at the same time of day: call, email, or MyChart message our diabetes educators. We can review blood sugars and make an insulin adjustment. We will return your call within 24-48 business hours.
  - a. Diabetes Educator telephone: 650-498-7353
  - b. Diabetes Educator email: [diabetes@stanfordchildrens.org](mailto:diabetes@stanfordchildrens.org)
2. If blood glucose remains over 300 after giving 1-2 insulin doses 3 hours apart, check urine for ketones.

### Ketone checking: (for more details, see ketone handout)

1. If **trace or small ketones**, drink lots of water, and keep testing until ketones are negative.
2. If **moderate or large ketones**, call physician or diabetes educator for advice. Your child may need extra insulin now. Call 650-497-8000 and ask for the diabetes doctor on-call.

Please have blood sugar and ketone results ready when you call.