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

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.