

HYPERGLYCEMIA (High Blood Glucose)



Definition: Random Blood Sugars over 240-300 mg/dl

| Signs of High Blood Sugar | Treatment |
|---|--|
| <ul style="list-style-type: none"> • Thirst • Fatigue • Frequent urination • Drowsiness • Blurred vision | <ul style="list-style-type: none"> • If you experience any signs of high blood sugar, check your blood sugar • If your blood sugar is elevated: <ul style="list-style-type: none"> ▪ Review previous meal and make modifications to meal plan as needed ▪ Check your blood sugar more often ▪ Check urine for ketones if blood sugar is greater than 250 ▪ Drink non-caloric liquids often ▪ Notify physician or nurse if blood glucose remains over 300 mg/dl 2 times in 24 hours |
| Signs of Ketoacidosis (Ketones in Urine) | Treatment |
| <ul style="list-style-type: none"> • The above symptoms <p style="text-align: center;"><u>AND</u></p> <ul style="list-style-type: none"> • Abdominal pain • Nausea • Vomiting • Extreme drowsiness • Rapid breathing • Flushed skin • Sweet, fruity odor to breath • Positive urine ketone test | <p style="text-align: center;">CALL PHYSICIAN IMMEDIATELY</p> <p style="text-align: center;">or</p> <p style="text-align: center;">GO TO THE EMERGENCY ROOM</p> |

To learn more about the Diabetes Education Programs at the UCONN Health Center, please call the UCONN link at 860-679-7692/800-535-6232.