

# HYPERGLYCEMIA

HIGH  
BLOOD  
SUGAR

## EMERGENCY PLAN FOR DIABETES

### Emergency Contact Information

Name:

Home Phone:

Work Phone:

Cell Phone:

Name:

Home Phone:

Work Phone:

Cell Phone:

### Causes of Hyperglycemia

- Not enough insulin
- Too much food
- Decreased activity
- Stress
- Illness
- Infection

### Symptoms may include:

#### Mild to Moderate

- Thirst
- Nausea
- Stomach pains
- Blurry Vision
- Fruity Breath
- Lack of concentration
- Frequent urination
- Fatigue
- Hunger
- Vomiting
- Dry mouth

#### Severe

#### Mild to Moderate symptoms plus:

- Prolonged vomiting
- Rapid, labored breathing
- Rapid heart
- Feeling very weak or confused
- Unconscious

### Actions

- Ask the person to test their blood glucose and to test their urine for ketones.
- Administer correction dose of insulin.

#### If Ketones Present:

- Advise the person to contact their healthcare provider and avoid any strenuous exercise.

#### If no Ketones Present:

- Advise the person to drink water or carbohydrate-free fluids and to use the bathroom as needed.

Hyperglycemia is typically associated with blood glucose levels above 200mg/dL; however, it is important to treat hyperglycemia based on symptom presentation