



HYPERGLYCAEMIA

HOW TO RECOGNIZE HIGH BLOOD GLUCOSE (HYPERGLYCAEMIA)?

IF YOUR BLOOD GLUCOSE GETS HIGHER THAN **250 MG/ DL (14 MMOL/L)**, THIS IS CALLED HYPERGLYCAEMIA.

THESE ARE SOME OF THE THINGS YOU MAY FEEL WHEN YOU HAVE HIGH BLOOD GLUCOSE:



THIRSTY ALL THE TIME



NEED TO URINATE A LOT ESPECIALLY NIGHT TIME



BLURRED VISION



HYPERGLYCAEMIA



VERY TIRED ALL THE TIME



DRY MOUTH

IF IT'S A SERIOUS CASE OF HIGH BLOOD GLUCOSE YOU MIGHT ALSO EXPERIENCE:



NAUSEA



STOMACH PAIN



ABNORMAL BREATHING



BREATH THAT SMELLS
UNUSUAL AND
FRUITY-SMELLING



SOMETIMES HYPERGLYCAEMIA CAN GET VERY SERIOUS
AND YOU CAN FAINT OR LOSE CONCIUSNESS.
IF YOU HAVE ANY OF THESE SIGNS YOU SHOULD GO TO
THE HOSPITAL/CLINIC.



HYPERGLYCAEMIA

WHY DO I GET HIGH BLOOD GLUCOSE (HYPERGLYCAEMIA)?

YOU CAN GET HIGH BLOOD GLUCOSE WHEN:



YOU HAVE TAKEN TOO LITTLE INSULIN OR MISSED AN INJECTION



YOU HAVE CONSUMED TOO MUCH CARBOHYDRATE FOODS/SUGARY DRINKS

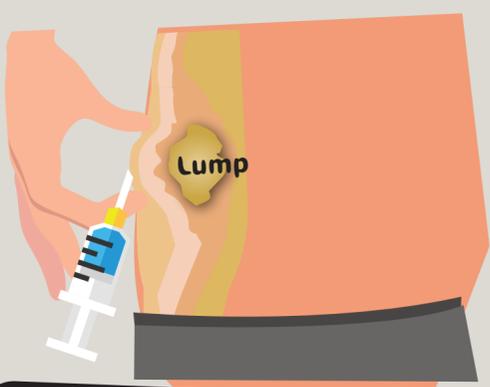


YOU HAVE HAD LESS EXERCISE THAN USUAL

YOU CAN GET HIGH BLOOD GLUCOSE WHEN:



YOU HAVE AN INFECTION,
OTHER ILLNESS,
MENSTRUATION OR STRESS



YOU HAVE A LUMP
UNDER YOUR SKIN
(LIPOHYPERTROPHY) AT
THE INSULIN INJECTION
SITE BECAUSE YOU DON'T
ROTATE INJECTION SITES



YOU HAVE TAKEN INSULIN
THAT WAS EXPIRED OR NOT
STORED PROPERLY

HOW TO **TREAT** HIGH BLOOD GLUCOSE (HYPERGLYCAEMIA)?

IF YOUR BLOOD GLUCOSE IS OVER 250
MG/DL (14 MMOL/L) YOU HAVE TO TAKE
ACTION QUICKLY.

HERE ARE THE STEPS YOU HAVE TO FOLLOW:



CHECK YOUR BLOOD GLUCOSE LEVEL AND
TAKE A SHORT ACTING INSULIN SHOT



! CONTACT YOUR DOCTOR/NURSE TO ASK HOW MUCH EXTRA
INSULIN YOU NEED OR IF YOU DON'T KNOW WHAT TO DO



DRINK A LOT OF WATER
(AT LEAST 1 GLASS OF
WATER EVERY HOUR)



AVOID HEAVY EXERCISE

HELLO
TYPE 1

HYPERGLYCAEMIA



AFTER 2 HOURS CHECK
YOUR BLOOD GLUCOSE
LEVEL



IF YOUR BLOOD GLUCOSE
IS STILL OVER 250 MG/DL
(14 MMOL/L), IMMEDIATELY
CONTACT YOUR DOCTOR/NURSE



IF YOUR BLOOD GLUCOSE IS OVER
400MG/DL (22 MMOL/L) YOU HAVE
SEVERE HYPERGLYCAEMIA



TAKE SHORT ACTING INSULIN
IMMEDIATELY (10% OF TOTAL
DAILY DOSE)



CONTACT YOUR DOCTOR/
HOSPITAL IMMEDIATELY