

Hyperglycaemia

Hyperglycaemia is a high level of sugar in the blood and occurs when the blood glucose level is above 15mmol/L.

The most common signs and symptoms of hyperglycaemia are;

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| <ul style="list-style-type: none">➤ Increased Thirst➤ Increased Urine Production➤ Fatigue➤ Lethargy➤ Hunger➤ Weakness➤ Blurred vision | <ul style="list-style-type: none">➤ Weight Loss➤ Behavioural Changes➤ Ketotic Breath (sweet acetone smell)➤ Abdominal Pain➤ Drowsiness |
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The most common causes of hyperglycaemia are:

- Not enough circulating insulin.
- Omitting or forgetting to take insulin.
- Infection or illness (e.g., gastro/viral illness).
- Emotions (e.g., stress or excitement).
- Growth and hormones.
- Decreased activity (e.g., weekends or school holidays).
- Too much carbohydrate.
- Glucose on fingers when testing which can cause a high glucose level

Management of persistent hyperglycaemia is:

- Drink additional water to prevent dehydration.
- Observe if there is a pattern (e.g., recurrent hyperglycaemia at the same time of the day. This might mean doses of insulin need to be adjusted).
- Check ketone level if BGL >15mmol/L and unwell.

For information



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