

- You must check blood glucose regularly. We recommend every two hours.
- Check blood for ketones if blood glucose over 14mmol/l.

## If you have ketones you need more insulin

- If you know your correction dose you should give this to correct high blood glucose levels (remember the ideal blood glucose is 6mmol/l). If you have high levels of ketones you will need to give a correction dose plus 50%.
- If you are unwell, have ketones more than 1.5mmol/l or are unsure of what to do, contact your diabetes team. We will calculate your correction dose.
- Drink plenty of sugar free fluids.
- Do not do any exercise until ketones have cleared.

## Contact details

The James Cook University Hospital  
and The Friarage Hospital

Telephone: (01642) 854660

## Patient Experience

South Tees Hospitals NHS Foundation Trust would like your feedback. If you wish to share your experience about your care and treatment or on behalf of a patient, please contact The Patient Experience Department who will advise you on how best to do this.

This service is based at The James Cook University Hospital but also covers the Friarage Hospital In Northallerton, our community hospitals and community health services.

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

E: [stees.patient.experience@nhs.net](mailto:stees.patient.experience@nhs.net)

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## Hyperglycaemia (High Blood Glucose)

Information for children and young people with diabetes



The information in this leaflet is for children or young people.

If a parent is reading this please substitute the word you for your child.

## What is hyperglycaemia?

Blood glucose levels above 14mmol/l. (Hyper = high).

## What should your blood glucose level be?

Blood glucose levels should be kept between 4 and 10mmol/l, you should aim to have a blood glucose of 6mmol/l pre meals.

## Why is my blood glucose high?

**There are many reasons for high blood glucose:**

- Not enough insulin or a missed dose of insulin.
- Eating large portions of fast release carbohydrate foods.
- Not enough exercise
- Injecting into lumpy sites
- Illness
- Stress or anxiety
- Puberty
- No reason, sometimes it is hard to find a reason for blood glucose levels rising

## What are the symptoms of high blood glucose?

**There are many symptoms of high blood glucose:**

- Feeling thirsty and needing to drink lots of fluids
- Needing to go to the toilet often
- Weight loss
- Headache
- Feeling sick
- Tummy ache

**But if you can keep your blood glucose between 4-10mmol/l you will:**

- Feel less thirsty
- Need to go to the toilet less often
- Be healthy
- Feel better
- Grow properly
- Reduce the risk of developing complications in the future

## What can you do if you notice blood glucose levels are consistently high?

- Look for a trend of high blood glucose levels over three days.
- Contact your diabetes nurse for advice on adjusting your dose of insulin.

- If confident to do so, increase your insulin dose with meals (if readings are high before lunch, tea or bed time) or increase your night time insulin (if readings are high on a morning when you get up).
- Make sure that you have enough insulin with your meal.
- Don't miss a dose of insulin.
- Get plenty of exercise.
- Rotate your injection sites. If you have a lumpy site ensure your diabetes team know, they will advise you how long you should avoid injecting in that area.

**Consider ways to reduce stress and anxiety, our team psychologist may be able to help.**

## What can you do if you are unwell?

Illness increases your blood glucose levels, especially if you have a temperature.

**During times of illness you may require extra insulin. You can:**

- Telephone your diabetes nurse or doctor for advice on sick day rules, Monday to Friday 9am-5pm.
- Contact ward 21 on 01642 854521 or the children's day unit on 01642 854896 for advice (weekends or evenings).