



5. HYPERGLYCAEMIA

POSSIBLE SYMPTOMS



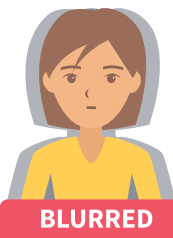
DRY MOUTH



HEADACHE



WEAKNESS



BLURRED VISION



INCREASED THIRST



FREQUENT URINATION

What is Hyperglycaemia?

Hyperglycaemia or high blood glucose is the term given to raised blood glucose levels. While target blood glucose is 4-8 mmol/L, when blood glucose is greater than 14 mmol/L additional steps are needed.

Hyperglycaemia

- Check blood ketones any time blood glucose is greater than 14 mmols/L.
- Drink plenty of water.
- Try to work out the cause of Hyperglycaemia and take action to correct or prevent (*see table below*).
- Record the reason for Hyperglycaemia in your diary.

Sometimes hyperglycaemia may not cause any of the listed symptoms.

If you see a pattern of high blood glucose readings, discuss this with your diabetes team. The dose of insulin may need to be adjusted.