

What To Do When Your Blood Sugars Are High (1 of 2)

Action to be taken if blood sugar more than 14mmol/l and ketones in urine

- If positive give an extra dose of short acting insulin. My dose is (20% of usual total daily dose) and will be in the range 4 –10 units.
- Drink plenty of water.
- Test blood sugar every 1 – 2 hours and give 4 – 10 units of short-acting insulin until your blood sugar is reduced or your urine is negative for ketones.
- Continue with your usual amount of background insulin.
- Identify the cause of your high blood sugar level and seek treatment if necessary.
- Contact the diabetes team if the high sugar levels and ketones persist
- Contact your GP/ Accident and Emergency Dept. if you are vomiting, because this will cause rapid dehydration.

Action to be taken if blood sugar more than 17 mmol/l but no ketones in urine

- Continue to test for ketones every 1 – 2 hours if your blood sugar is more than 17 mmol/l. If positive at any time, continue as above.
- Give a correction dose (20% of usual daily dose).
- Test your blood sugar and for ketones every 1 - 2 hours.
- Drink plenty of water.
- Continue with your usual amount of background insulin.
- Try to identify cause of your high blood sugar and seek treatment if necessary.
- Contact the diabetes team if your high blood sugar levels persist .
- Contact the GP/ Accident and Emergency Dept.

Contact: Dr Martin Smith
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 You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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What To Do When Your Blood Sugars Are High (2 of 2)

if you are vomiting because this will cause rapid dehydration.

Symptoms of high blood sugars

Thirst; passing lots of urine; abdominal pain; vomiting; nausea; ketones in urine

Potential Reasons for High Blood Glucose Values

- Infection
- Illness
- Stress
- Reduced exercise
- Hormonal (pregnancy/menstruation)
- Steroids
- Poor absorption of insulin from sites

Remember

- Never stop taking your insulin
- 1 unit of insulin will reduce blood sugars by 2 – 3mmol/l
- Test for ketones if your blood sugars are above 17 mmol/l
- Never ignore ketones
- If you do not feel like eating, try foods such as soup, ice-cream, and milk puddings.
- You can also drink Lucozade, fruit juice or sugary drinks

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