



Hyperglycaemia

Hyperglycaemia occurs when your blood glucose levels are higher than your target range and you experience some of the following symptoms:

- excessive thirst
- frequently passing large volumes of urine
- feeling tired
- blurred vision
- infections (e.g. thrush, cystitis, wound infections)
- headaches
- abdominal pain

Some of the reasons for high glucose levels are:

- infection
- sickness
- stress
- too much carbohydrate food
- not enough insulin

Illnesses and infections nearly always cause a rise in blood glucose levels so it's important to follow your personalised sick day management plan. If you haven't already developed a sick day management plan it is essential to prepare one with your diabetes team. [Click here for information on sick day management for people with type 1 diabetes.](#)

As a general rule if you are unwell you should check your BGLs at least every two hours and if your levels are high you will need extra insulin. You should also check for ketones in your urine. Large quantities of ketones indicate a serious condition called diabetic ketoacidosis (DKA) is developing.

DKA is a life-threatening condition that occurs when there is insufficient insulin and blood glucose levels are extremely high. DKA can develop rapidly during illness and requires urgent medical attention. Signs and symptoms may include:

- high BGLs with ketones present
- tummy pain
- vomiting
- dehydration
- rapid, shallow breathing
- acetone smell on the breath
- confusion
- drowsiness which may lead to coma

DKA requires urgent hospitalisation. A child with DKA will usually be admitted to an intensive care unit for rehydration, insulin therapy and correction of acid build up in the body. Treatment of DKA may take several days of hospitalisation.

