

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;

- Increased Thirst
- Increased Urine Production
- Fatigue
- Lethargy
- Hunger
- Weakness
- Blurred vision

- Weight Loss
- Behavioural Changes
- Ketotic Breath (sweet acetone smell)
- Abdominal Pain
- Drowsiness

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).

Information for patients, families and carers

- 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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