

What to do in an Emergency

Hyperglycemia

Signs and symptoms

- Blood glucose >180 mg/dl
- Increased thirst
- Increased urination
- Large amounts of glucose in blood or urine
- Blurry vision
- Drowsiness
- Slow-healing cuts
- Headache

Treatment for reactions

- Review daily routine (meal plan, exercise, medication, monitoring)

Diabetic Ketoacidosis

Signs and symptoms

- Blood glucose >240 mg/dl and ketones in urine
- Fruity breath
- Abdominal pains
- Generalized aches/weakness
- Heavy labored breathing
- Loss of appetite
- Nausea and vomiting

Treatment for reactions

- Call licensed healthcare provider to determine need for more insulin, fluids, or hospitalization

¹ Delaware School Nursing Technical and Assistance Manual