

Hyperglycaemia

So when I'm high, it differs between how high I am. I'd be feeling sick. I'd drain of color, I wouldn't feel well. I'd feel dizzy, and I'd want to go to sleep.

If I go to 17 or any number like that, I just feel a bit off, not myself, not my normal energetic self.

Some of the causes of high blood glucose levels are:

- Eating without giving insulin.
- Lumpy injection or pod/pump sites.
- Growing.
- Pump not working.
- Cannula leak.



Some of the common symptoms of high glucose levels are:

- Feeling Thirsty.
- Feeling Tired.
- Loss of concentration.
- Feeling Angry.
- Going to the toilet a lot.
- Feeling Sick.

Diabetic ketoacidosis can be life threatening and it is important to check for ketones if you have high blood glucose levels. Ketones are acids that are made in the body, and this happens when the body breaks down fat and if there is not enough insulin.



If glucose levels are up over 14mmol/L, you need to do a ketone check. When ketones are above 0.6mmol/L, a pen correction is needed immediately.

Reviewing diabetes data is important because it helps you understand blood glucose patterns and you can decide if you need more or less insulin.

