

## Hyperglycaemia

When I'm high, I often feel quite tired and irritable and I feel quite sick.

The common symptoms of high glucose levels are:

- Feeling Thirsty.
- Feeling Tired.
- Difficulty Concentrating.
- Feeling Angry.
- Going to the toilet a lot.
- Feeling Shaky.



High glucose levels can be caused by a number of things, and these are some of them:

- Eating without giving insulin.
- Lumpy injection or pump sites.
- Growing.
- Pump not working.
- Bad weather.

Other things that can cause high blood glucose levels are hormones and puberty.



You should check for ketones when your blood glucose level is above 14mmol/L. And if there are ketones, then you need to take action and work out the insulin dose needed to correct this.

I monitor my blood glucose levels regularly and can take action when my levels go high. I chat with my parents and the diabetes team about my levels so I can make adjustments to the settings if needed.