

Hyperglycaemia

Is the **opposite** of hypoglycaemia and means that you;

- do not have enough insulin in your body
- are eating more carbohydrates than your body can manage
- have an infection or high temperature
- may be worried or stressed
- are not as energetic as usual

What should you watch out for?

- High blood sugars
- Increased thirst and needing to pass urine a lot
- Abdominal pain and general aches
- Sickness
- Difficult and 'heavy' breathing

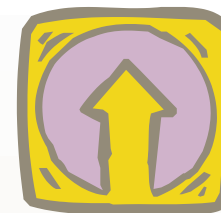
What should you do?

- test your blood sugars more often
- alter your insulin if you feel confident or . . .
- discuss the results with the hospital, doctor or diabetes specialist nurse so they can advise on altering your insulin dose
- test urine for ketones and glucose if possible
make sure you drink lots of clear fluids without sugar

If you are still worried please contact a member of the diabetes team

Remember never miss your insulin injection

**If you have a problem please do not hesitate to contact
Your own GP or the Diabetes Team**



*For patients
on insulin*

Hyperglycaemia

whatever you forget
always remember
your **insulin injection**

