

TREATING HYPERGLYCEMIA and KETONES

---for children using injections---

Ketones should be checked when blood glucose levels are >250 twice in a row.

Signs/symptoms of hyperglycemia may include: frequent urination, excessive thirst, excessive hunger, headache, stomach ache, fatigue, blurry vision.

Signs/symptoms of ketones and ketoacidosis may include: extreme abdominal pain, nausea, vomiting, lethargy, rapid-breathing, and fruity-smelling breath.

NEGATIVE-TRACE URINE KETONES (Serum Ketones < 0.6)	SMALL URINE KETONES (Serum Ketones 0.6-0.9)	MODERATE-LARGE URINE KETONES (Serum Ketones >1)
Allow student to drink water or carbohydrate-free liquids. Allow student to use restroom as needed. Insulin as needed per usual regimen.	Encourage student to drink water or carbohydrate-free liquids. Allow student to use restroom as needed. Insulin as needed per usual insulin regimen. Re-check blood glucose and ketones in 2 hours. Do not allow exercise.	CALL PARENTS AND/OR HEALTH CARE TEAM IMMEDIATELY. Additional insulin is likely required. Check blood glucose and ketones every 2 hours. Do not allow exercise. Encourage student to rest. Encourage student to drink water or carbohydrate-free liquids. Allow student to use restroom as needed.