

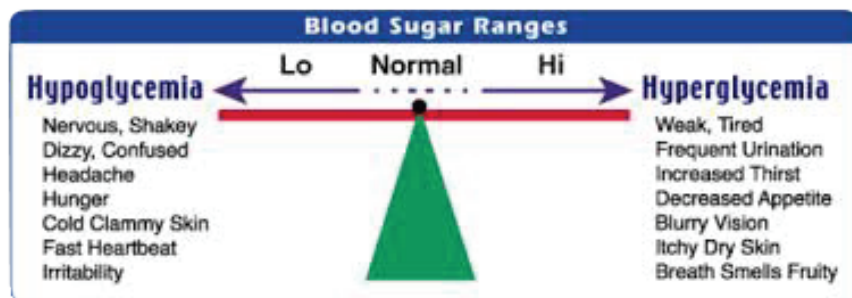
# Hypoglycaemia and Hyperglycaemia



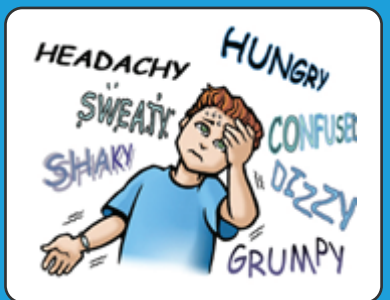
- Monitor blood glucose levels regularly , on daily basis to know, prevent and treat hypoglycaemia and hyperglycaemia
- Teach to recognize hypoglycaemia to child along with family members and friends and how to treat it immediately.
- Check blood glucose levels after hypoglycaemia treatment and administering correction dose for hyperglycaemia.
- Check ketone levels if blood glucose values are persistently high above 240mg/dl
- It is always good to maintain glucose diary and write blood glucose diary along with time of insulin taken, food eaten and exercise done.



- Take decisions on basis of your judgement of sugar being high or low.
- Wait for glucometer to start treatment of hypoglycaemia and delay medical help if no improvement happens in 30 -45 minutes after treatment
- Over treat hypoglycaemia or miss entire next dose of scheduled insulin dose required after an episode of hypoglycaemia
- Change all insulin doses at one time and re- change before 3 days
- Lie or write wrong results in your glucose diary because it is going to harm only.

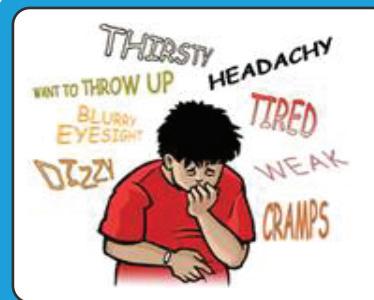


Hypoglycemia- The term hypoglycaemia\* is a technical term when blood sugar (glucose) level is low; below 70 mg/dl.



## Key facts

**Hypos and Hyper are both part of living with diabetes. The key to success is to keep them to minimum, timely recognize them and treat them**



Hyperglycemia-The term hyperglycemia\*\* is a technical term when blood sugar (glucose) level is high; above 126 mg/dl at fasting and above 200mg/dl at any point of time.

**There can be many reasons for high and low blood glucose levels, do not blame child for every deviation in blood glucose levels.**

\* <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html> accessed on 10th Feb  
 \*\* <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hyperglycemia.html>