

# Diabetes Emergency Information

## HIGH BLOOD SUGAR HYPERGLYCAEMIA KETOACIDOSIS

### WATCH FOR:

- Increased thirst and urination
- Large amounts of sugar in blood or urine
- Ketones in urine
- Weakness, abdominal pains, generalised aches
- Loss of appetite, nausea and vomiting
- Heavy laboured breathing
- Lethargy
- Blurred or double vision

### WHAT TO DO:

- Give patients fluids without sugar if able to swallow
- Usual blood tests
- Test urine for ketones
- Continue your insulin injections
- Call doctor or diabetes educator

### CAUSES:

- Not enough insulin/tablets
- Infection, fever, illness
- Emotional stress, trauma
- Too much food (Carbonhydrate)

(Slow Onset)

(Hours)

## LOW BLOOD SUGAR HYPOGLYCAEMIA

### WATCH FOR:

- Excessive sweating, faintness
- Headache
- Pounding of heart, trembling, impaired vision
- Hunger
- Irritability
- Personality change
- Drowsiness
- Coma, fitting

### WHAT TO DO:

- Take B-D Glucose tablets, liquid or food containing sugar (orange juice, sugar-sweetened soft drink)
- Ask your healthcare professional for advice
- Do not give anything by mouth if patient is unconsciousness
- Give glucagons injection if unconsciousness
- Call doctor / ambulance
- Follow initial treatment with a carbohydrate snack

### CAUSES:

- Too much insulin / tablets
- Not eating enough food (carbonhydrate)
- Unplanned exercise
- Missed / delayed meals
- Alcohol

(Rapid Onset)

(Minutes)