# First aid protocol for high blood sugar levels (hyperglycemia)

## Possible symptoms:

Fatigue, increased thirst, increased urination

In case of unconsciousness, or if the patient is unable to help themselves, call emergency services (dial 112) and put the patient in the recovery position.

Never give glucagon (as an injection or nasal spray) if a high blood sugar level is suspected!

## Slightly elevated blood sugar

(recommended value: blood sugar values up to 250 mg/dl or 13.9 mmol/l)

Severe hyperglycemia with signs of incipient ketoacidosis (e.g., nausea, vomiting)

(recommended value: blood sugar values above 250 mg/dl or 13.9 mmol/l)

# Measure ketones

## No ketones detectable

Measurement in urine: Light coloring without "+" Measurement in blood: below 0.6 mmol/l

### Ketones detectable

Low (+) or up to 1.5 mmol/l Medium (++) or above 1.5 mmol/l

**High** (+++ or ++++) or above 4.0 mmol/l

- Inject corrective insulin\*
- Drink water
- Check blood sugar every 60 minutes



- Inject double amount of corrective insulin\*
- Drink plenty of water
- Do not fall asleep
- Hospitalization is recommended
- Check blood sugar (using blood) every 60 minutes

Inject corrective insulin if unsure whether the therapy used is effective, using an insulin pen including a new insulin ampoule. Find out why blood sugar levels are elevated. For insulin pump therapy, check the catheter, tubing, and insulin ampoule. Replace the entire set if unsure. Also check the needle and insulin ampoule when using insulin pen therapy. If ketones are detected, no physical activity!

\*according to individual treatment plan