

## What to do About High Blood Sugar Levels



*dedicated to finding a cure*

The following recommendations are *general* treatments for high blood sugar. Specific actions—such as giving additional insulin—should be determined by the adult with type 1 diabetes, physician, or parents (for a child).

1. If blood test results are slightly above normal:
  - Continue regular activity
  - Drink water or sugar-free drinks
  - Monitor blood sugar levels by checking regularly
  - Chart blood glucose test results
  
2. If blood test results are moderately high:
  - Don't engage in strenuous exercise
  - Drink water or sugar-free drinks
  - Inject additional insulin if instructed by physician or parents
  - Monitor blood sugar levels by checking regularly
  - Chart blood glucose test results
  
3. If blood test results are very high:
  - Don't engage in strenuous exercise
  - Drink water or sugar-free drinks
  - Inject additional insulin if instructed by parents or physician
  - Test ketone levels if advised by parents or physician. If high, contact parent or physician immediately
  - Monitor blood sugar levels by checking regularly
  - Chart blood glucose test results