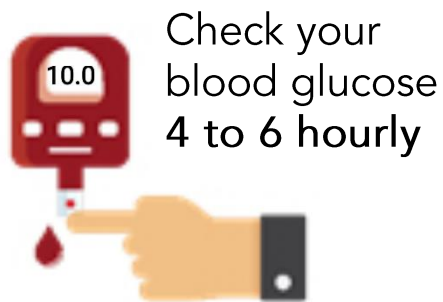
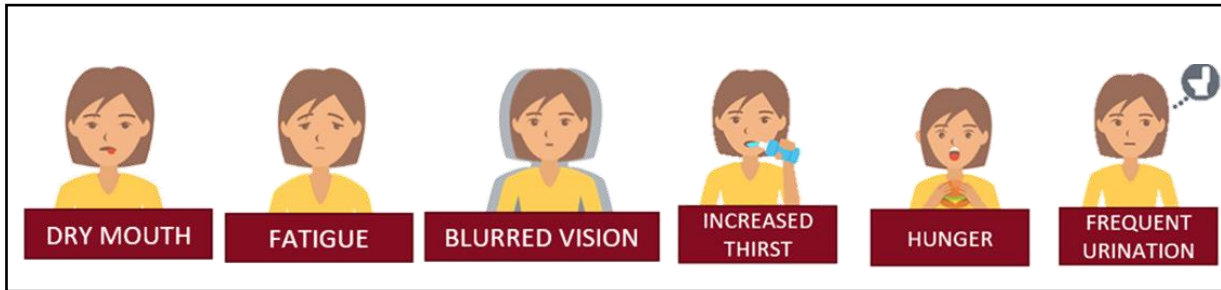


Hyperglycemia Management-Quick Guide

Hyperglycaemia Symptoms:



Check your blood glucose 4 to 6 hourly



Drink more water as instructed by your doctor

Avoid drinking sugary beverages

Target Range of Blood Glucose:

	Before Food (mmol/L)	2hrs After Food (mmol/L)
Good	4.0 to 6.0	5.0 to 7.0
Optimal	6.1 to 8.0	7.1 to 10.0
Suboptimal	8.1 to 10.0	10.1 to 13.0
Unacceptable	>10.0	>13.0

Inform your doctor or nurse to make adjustments to your medication(s) if steroids are being planned

See your doctor immediately if you:

- Have blood glucose reading persistently above 13mmol/L
- Have persistent nausea, vomiting and diarrhoea
- Have stomach pain
- Are in a confused state
- Have shortness of breath or a 'fruity odour' to your breath
- Have very dry mouth, unable to maintain hydration

