

WHAT TO DO WHEN YOUR CHILD HAS A HIGH BLOOD SUGAR

1. Confirm with a fingerstick

CGMs are reliable but always double-check with a meter—especially if the number is very high or symptoms don't match.

2. Check for ketones

If BG is over 250 mg/dL for more than 2 hours—or your child feels nauseated or tired—check blood or urine ketones.

3. Review insulin delivery

- Check for pump occlusions or infusion set issues.
- Look for dislodged tubing or site irritation.
- If in doubt, change the set and deliver insulin manually.

4. Hydrate

Encourage water or sugar-free drinks to help flush excess glucose and reduce ketone risk.

5. Adjust activity carefully

Light movement can help bring BG down—but avoid intense activity if ketones are present.

6. Correct conservatively, monitor closely

Give a bolus based on your care plan, and recheck in 1-2 hours.

7. Know when to call for help

Call your care team or seek emergency care if your child has:

- Moderate to large ketones
- Vomiting
- Labored breathing
- BG not responding to Insulin