

Hypoglycaemia

This is a blood glucose level (BG) ≤ 3.9 mmol/L or ≤ 70 mg/dL.



If my blood sugar gets very low I can get hypoglycaemia. Most people call it low blood sugar or hypos.

Sweating

Extreme hunger

Itchy lips

Difficulty talking

Irritability

Dizziness

Tiredness

Blurred vision

Crying without reason

Trembling

Sometimes low blood sugar can get very serious and you can lose consciousness or have convulsions.

The information provided is not a substitute for the advice of a healthcare professional - consult your doctor or nurse for advice on your treatment.

TREATMENT - Always stay with the person with hypoglycaemia.

IF MILD

person with diabetes can drink and eat.

IF SEVERE

person with diabetes loses consciousness or has a seizure / convulsion or is unable to help themselves.

STEP 1

Give fast acting glucose immediately:

- 0.3 g/kg (e.g. 50 kg child: give 15 g carbohydrate)
- 150 - 200ml (½ cup) of sweet drink (cola/fruit juice) **OR**
- 3 - 4 teaspoons sugar / honey **OR**
- 6 large / 12 small jelly beans

Refrain from physical activity until at least 15 minutes after symptoms have disappeared.

STEP 2

- Where BGL testing equipment is available, re-test BGL 10 - 15 minutes after treatment, to confirm that BGL has risen.
- **If the BGL remains low, or symptoms of hypoglycaemia continue after 10 - 15 minutes, repeat STEP 1.**
- If a meal / snack is due within 30 minutes, give that meal or snack earlier, with the usual insulin dose.

IF GLUCAGON AVAILABLE

IM / SC injection of Glucagon

- 0.5 mg for age < 12 years
- 1 mg for > 12 years
- Alternatively, give 10-30 mcg/kg body weight

IF GLUCAGON UNAVAILABLE

- Give IV glucose carefully and slowly over several minutes, using 10% or 25% glucose / dextrose solution (or 50% if these unavailable).
- Total dose given **SLOWLY** into a **LARGE vein**: 0.2-0.5 g / kg of glucose / dextrose.