

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:

- 0.3g / kg e.g. 50kg child: give 15gm carbohydrate such as
- 150-200ml (1/2 cup) of sweet drink (cola / fruit juice) **OR**
 - 3-4 teaspoons sugar / honey **OR**
 - 6 large / 12 small jelly beans

STEP 2

- Follow with one exchange / serve of slow-acting carbohydrate (10-15gm = 1 slice of bread / 2 plain biscuits **OR** 1 banana **OR** 1 cup of milk or similar) to maintain the BG **OR**
- If a meal / snack is due within 30 minutes, give that meal or snack earlier
- Where BG testing equipment is available, re-test BGL 10-15 minutes after treatment, to confirm the BGL
- **If the BGL remains low, repeat STEP 1**

IF GLUCAGON AVAILABLE

IM / SC injection of Glucagon

- 1mg if weight > 25kg
- 0.5mg if weight \leq 25kg

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 gm/kg of glucose / dextrose