Hypoglycaemia

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

TREATMENT

- Always stay with the person with hypoglycaemia.

IF MILD
person with diabetes can drink and eat

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

IF GLUCAGON AVAILABLE
IM / SC injection of Glucagon
• 1mg if weight > 25kg
• 0.5mg if weight ≤ 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

Acknowledgment: