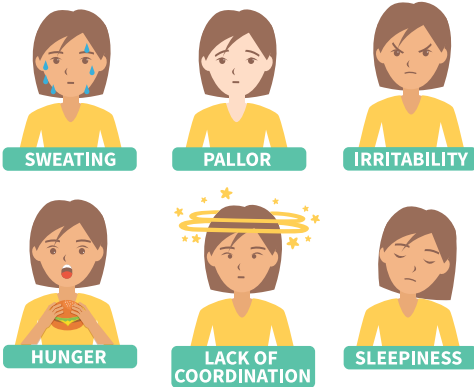




## 4. HYPO GLYCAEMIA

### POSSIBLE SYMPTOMS



### Carbohydrate Table

#### Fast-acting Carbohydrates

**10g**  
 3 Dextrose tabs  
 100ml juice  
 100ml sugary drink  
 2 Jelly babies

**15g**  
 5 Dextrose tabs  
 150ml juice  
 150ml sugary drink  
 3 Jelly babies

#### Slow-acting Carbohydrates

**10g**  
 2 Crackers  
 1 Digestive

**20g**  
 4 Crackers  
 2 Digestives  
 Small banana  
 1 slice of bread

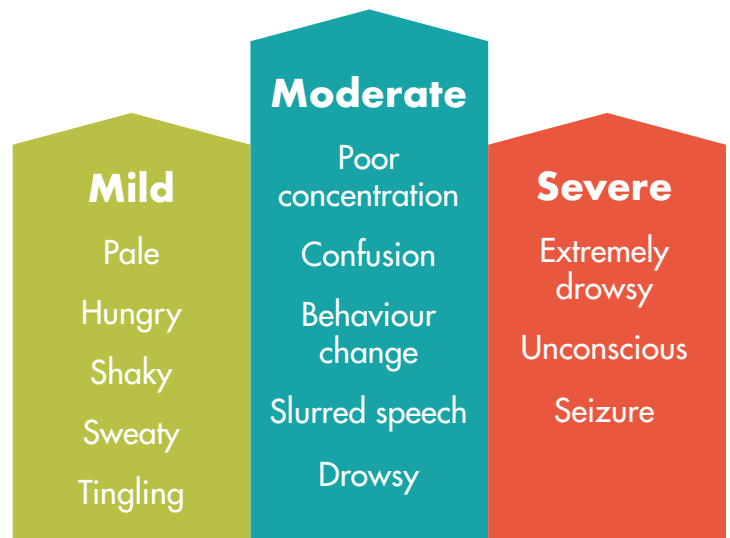
Note: many drinks manufacturers are reducing the sugar content of their products. It is important to check your hypo remedy regularly to ensure carb content is appropriate.

### What is Hypoglycaemia?

Hypoglycaemia, also known as 'Hypo', is a low blood glucose reading less than 4mmols.

### Symptoms

Hypos can be mild, moderate or severe.



### Treating Mild/ Moderate Hypo

(Blood Glucose less than 4 mmols/L)

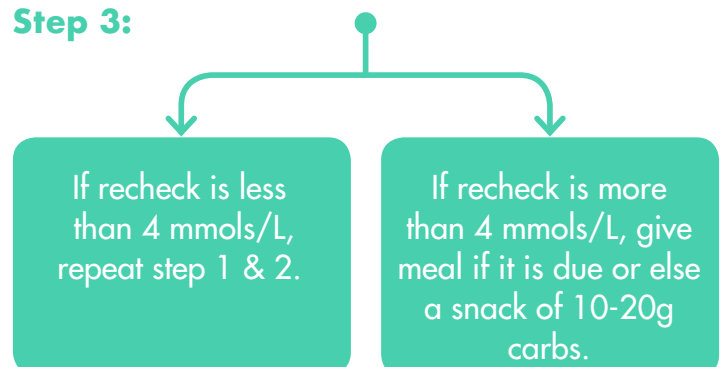
#### Step 1:

Give 10-15g of fast acting carbohydrate.

#### Step 2:

Wait 10-15 minutes and then recheck blood glucose.

#### Step 3:



## Glucogel

Glucogel (10g per tube) is a dextrose gel that is absorbed through the mucosa of the mouth. It may also be useful for treating a mild/moderate hypo if a child is uncooperative and refuses to drink (toddler) or has nausea/vomiting.

Glucogel should not be used if a child is unconscious as it may accidentally go down the windpipe. (See severe hypo below).



### Additional Information

- Never leave a child alone during a Hypo.
- Rest until blood glucose returns to normal.
- Record hypo and the possible cause, if known, in the diary.
- Get in touch with the diabetes team if hypos are recurring.

## Treating Severe Hypo

If your child is very drowsy, very unco-operative or unconscious.

### Step 1:

Put child in the recovery position.

### Step 2:

Give glucagon injection.

- Children under 12 years - 0.5mg (half a vial) of glucagon.
- Children over 12 years - 1mg (a full vial) of glucagon.
- If you don't have glucagon or are not able to give it, phone for an ambulance immediately.

- **A severe low blood sugar is a medical emergency. If a child does not respond to the glucagon injection call an ambulance immediately.**

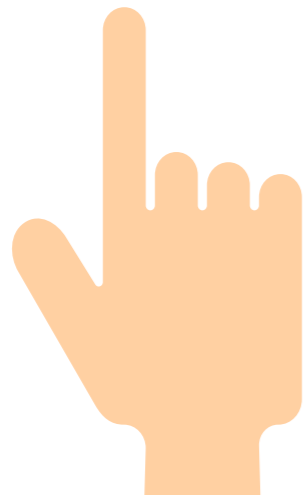
### Step 3:

Give 10-15 grams of carbohydrate once child is conscious.

- Child may be nauseated for 20-30 mins following glucagon injection.

### Step 4:

Contact the hospital diabetes team and go to the emergency department if your child has had a severe hypo. Call an ambulance if necessary.



## HYPOGLYCAEMIA

### Causes and Actions to prevent:

#### Causes

Vomiting,  
Diarrhoea,  
no appetite etc.



#### Illness

#### Actions

Monitor glucose levels more frequently.  
Reduce insulin doses.  
Follow sick day rules.

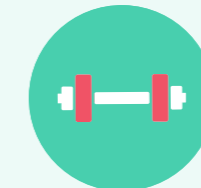
Possible error in insulin dose.  
Unsuitable carb ratio.



#### Insulin

Adjust carb ratio/insulin dose if hypoglycaemia is reoccurring (e.g. 1:10 to 1:12).

Increase in level of activity.  
Did not adjust insulin or increase carbs before or after exercise.



#### Exercise

Monitor blood glucose before and after exercise.  
Adjust insulin doses/carb intake accordingly.

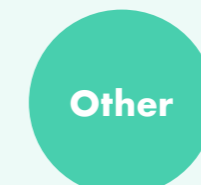
Over estimation in carb content of meal.  
Did not finish a meal.



#### Food

Check you are counting the carbs in the meals correctly.  
Use 'Carbs & Cals' app.  
If unsure about carb counting contact your dietitian.

Change of routine.  
Hot weather.  
Stress.  
Hot bath.  
Alcohol.



#### Other

Monitor blood glucose more frequently.  
For information regarding alcohol see:  
[www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)  
or [www.diabetes.ie](http://www.diabetes.ie)