

## **HYPOGLYCAEMIA**

- Symptomatic hypoglycaemia can occur when a person's blood glucose level falls below 4.0 mmol/L

### **Oral Treatment**

- A person with diabetes who suspects they are hypoglycaemic should stop what they are doing, sit down and check their blood glucose level
- The consumption of 10-15 g of glucose (six jellybeans, two or three glucose tablets or a small glass of non-diet soft-drink) may help alleviate the symptoms
- After five to ten minutes blood glucose levels should be reassessed and more glucose taken if required
- This process should continue until blood glucose levels are above 4.0 mmol/L
- A meal, or a snack such as a slice of bread or a bottle of yoghurt should then be eaten

### **Parental Treatment**

- If unable to take oral carbohydrate or ineffective, 2 options available include
  - Glucagon
    - Adult - 1mg IM, Children <25kg – 0.5mg IM
    - Takes ≤ 5 minutes to work
    - May have poor effect if patient starved or drunk
  - IV glucose 10% solution
    - Adult – 50-250ml, Children 2-5ml/kg