

Hypoglycaemia

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Hypoglycaemia (also called a Hypo) is a condition where your child's BGL level falls to less than 4mmol/L.

Common Signs and Symptoms of Hypoglycaemia

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|-----------------------|--------------------------|
| ➤ Excessive Sweating | ➤ Drowsiness |
| ➤ Paleness | ➤ Dizziness |
| ➤ Behavioural Changes | ➤ Shaking |
| ➤ Headache | ➤ Heart Racing |
| ➤ Hunger | ➤ Tingling sensations |
| ➤ Blurry Vision | ➤ Confusion or Vagueness |

There may be no signs and symptoms

Remember

- A BGL should be checked when possible to confirm hypoglycaemia before treating. All blood glucose levels (BGL) less than **4.0mmol/l** need to be treated, regardless of their signs and symptoms.
- It is important that the treatment is taken to the person having the hypo. Never make them walk to get treatment as this might make the hypo worse.
- Signs and symptoms of hypoglycaemia usually start to disappear 5 to 10 minutes after treatment is given.

Most Common Causes

- Too much insulin
- Missing or delayed meals
- Not eating all serves of carbohydrate
- Vigorous exercise without eating extra carbohydrate
- Vomiting and diarrhoea
- Consumption of alcohol

Information for patients, families and carers

Treatment of Hypoglycaemia

A BGL should be done to confirm the hypoglycaemia before treatment. Treat the hypo if blood glucose level is less than **4.0mmol/L**.

Do not delay the treatment of a hypo as it can become worse very quickly.

Step 1. Immediately give quick acting carbohydrate

The amount of quick acting carbohydrate will depend on age

- Infants and Children less than 5 years old will require **5g**.
- Children 5 - 12 years old will require **10g**.
- Children and Adolescents more than 12 years old will require **15g**.

Some examples of quick acting carbohydrate are:

5 grams (Less than 5 years of age)	10 grams (5-12 years of age)	15 grams (More than 12 years of age)
➤ Polyjoule Solution - 10ml of 50% (1 scoop of polyjoule in 10ml)	➤ Fruit Juice – 100ml	➤ Fruit Juice – 200ml
➤ Honey - 1 teaspoon (children over 1 year of age)	➤ TRUEplus™ Glucose Tablets – 2.5 tablets	➤ TRUEplus™ Glucose Tablets – 4 tablets
➤ Fruit Juice- 50ml	➤ 3 x Glucojel™ Jellybeans	➤ 5 x Glucojel™ Jellybeans

Step 2. Check your child's BGL level **15 minutes** after giving the initial quick acting carbohydrate to confirm their BGL is above **4mmol/L**.

If your BGL is still less than **4mmol/L**, repeat the quick acting carbohydrate (**Step 1**).

Step 3. If your BGL is above **4mmol/L**, follow up with ½ - 1 serve of slow acting carbohydrate or your meal if it is due to help prevent another hypo.

Information for patients, families and carers

The amount of slow acting carbohydrate will depend on age

- Infants and Children less than 5 years old will require **7-8g**.
- Children 5 - 12 years old will require **7-8g**.
- Children and Adolescents more than 12 years old will require **15g**.

Some examples of slow acting carbohydrate are:

7-8 grams (Less than 5 years of age)	7-8 grams (5-12 years of age)	15 grams (More than 12 years of age)
➤ 1/2 cup of milk	➤ 1/2 cup of milk	➤ 1 cup of milk
➤ 1/2 small banana	➤ 1/2 small banana	➤ 1 small banana
➤ 3 dry biscuits eg. Ritz/Savoy/Clix	➤ 3 dry biscuits eg. Ritz/Savoy/Clix	➤ 6 dry biscuits eg. Ritz/Savoy/Clix
➤ 1/2 slice of bread	➤ 1/2 slice of bread	➤ 1 slice of bread

Note: If hypoglycaemia happens before your child's insulin is due;

1. Give quick acting carbohydrate.
2. Wait 15 minutes and recheck your BGL. If below 4 mmol/L to repeat step 1. If your BGL is above 4mmol/l serve the meal immediately.
3. Following your meal, you may then administer your scheduled dose of insulin.

For information



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