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:
  - 0.3 g/kg (e.g. 50 kg child: give 15 g carbohydrate)
  - 150 - 200ml (½ cup) of sweet drink (cola / fruit juice) OR
  - 3 - 4 teaspoons sugar / honey OR
  - 6 large / 12 small jelly beans
- Refrain from physical activity until at least 15 minutes after symptoms have disappeared.

**STEP 2**
- Where BG testing equipment is available, re-test BGL 10 - 15 minutes after treatment, to confirm that BGL has risen.
- If the BGL remains low, or symptoms of hypoglycaemia continue after 10 - 15 minutes, repeat STEP 1.
- If a meal / snack is due within 30 minutes, give that meal or snack earlier, with the usual insulin dose.

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

**STEP 1**
- IM / SC injection of Glucagon
  - 0.5 mg for age < 12 years
  - 1 mg for > 12 years
- Alternatively, give 10-30 mcg / kg body weight

**IF GLUCAGON AVAILABLE**
- 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 g / kg of glucose / dextrose.

**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 g / kg of glucose / dextrose.

Acknowledgment: changing diabetes in children