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 SEVERE**

person with diabetes loses consciousness or has a seizure / convolution or is unable to help themselves.

**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 GLUCAGON AVAILABLE**

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 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.