

Hypoglycaemia

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Hypoglycaemia (also called a Hypo) is a condition where your child's BGL level falls to **3.9mmol/L and below**.

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) **3.9mmol/L and below** 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

Information for patients, families and carers

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

Treatment of Hypoglycaemia

A BGL should be done to confirm the hypoglycaemia before treatment. Treat the hypo if blood glucose level is **3.9mmol/L and below**.

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 TM Glucose Tablets – 2.5 tablets	➤ TRUEplus TM Glucose Tablets – 4 tablets
➤ Fruit Juice- 50ml	➤ 3 x Glucojel TM Jellybeans	➤ 5 x Glucojel TM Jellybeans

Information for patients, families and carers

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

If your BGL is still **3.9mmol/L and below** repeat the quick acting carbohydrate (**Step 1**).

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

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 **3.9mmol/L and below** to repeat **step 1**. If your BGL is **4.0mmol/L and above**, serve the meal immediately and administer your scheduled dose of insulin.

Information for patients, families and carers

For information



Department of Paediatric Endocrinology and Diabetes (DPED)

(03) 8572 3051