

HYPOGLYCAEMIA

HYPOGLYCAEMIA or a '**HYPO**' = a Blood Glucose of less than 4 mmol/L

This is a term used for too low a level of glucose in the blood. This may result from:

- Not enough food i.e. missed or delayed meal or snack
- Extra exercise or more activity than usual
- Too much insulin

HAVING a '**HYPO**' - Your child may have no symptoms or may 'feel' or 'look' different e.g.

- Hungry
- Pale
- 'Wobbly'/Shaky
- Headache or tummy ache
- Sweaty
- Grumpy
- Tearful/Weepy
- Feeling 'not right'

*** Always check the blood glucose reading if your child has any of these signs/symptoms ***

TREATING a 'HYPO'

Step 1

- Give fast acting glucose [3 glucose tablets **or** 2 teaspoons glucose powder in 10-20mls water/sugar free juice **or** 50mls original Lucozade]
- If child unco-operative go to **Step 4**
- If child unconscious go to **Step 5**

Step 2

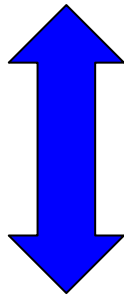
- Ensure your child's hands are washed
- Wait for 10 minutes and recheck the blood glucose reading
- If above 4mmol/L go to **Step 3**
- If not, repeat **Step 1**

Step 3

- Blood glucose above 4mmol/L
- Do not allow your child to go straight out to play again
- Give a snack or if just before a meal, allow to eat as soon as possible. [provide slow acting/starchy food i.e. biscuit or sandwich, that will keep the blood glucose above 4mmol/L once the fast acting sugar has been used up]
- Check blood glucose again in an hour or so
- What was the cause? **Note in diabetes diary.**

**DO NOT BE
TEMPTED TO
OVERTREAT THE
HYPO**

PTO
Steps 4 & 5



Step 4 **If child unco-operative**

- Rub **HYPOSTOP** gel into the inside of the cheeks [a little at a time]. It takes about 5-10 minutes to reach the blood stream.
- Once co-operative, go to **Step 1**
- Monitor blood glucose readings carefully - every 15 minutes for at least an hour afterwards
- If concerned, contact the RHSC Diabetes Emergency Helpline [0131 536 0000 & ask for diabetes ward]
- If no response, proceed to **Step 5**

Step 5 **If child unconscious**

Never attempt to give drink/food/Hypostop

- Administer **GLUCAGEN** [follow simple injection kit instructions]
- Inject into thigh/bottom
- If you cannot give injection, **dial 999!**
- Contact RHSC Diabetes Emergency Helpline
- Once child awake and co-operative follow **Step 1**
- Monitor blood glucose readings carefully. Check readings every 15 minutes for at least an hour afterwards - it is not uncommon for blood glucose readings to fall again.

Actions after a hypo

- Consider a short-term reduction in the following insulin doses - approximately a 10% reduction. [if 20 u Mixtard 30 due, a 10% reduction is 2 u, therefore give 18 u]
- If the blood glucose reading is greater than 10mmol/L immediately after the hypo [a rebound high reading], do not be tempted to give a corrective [extra] dose of insulin. This will increase the risk of another hypo.
- Can you explain why the hypo happened? If there is no clear reason, the total daily insulin dose may need to be decreased. REMEMBER, if your child has experienced more than 2 hypos in any one week, contact the diabetes nurses to discuss!
- Remember to replace the Glucagen!