



Hypoglycaemia

Hypoglycaemia means low blood glucose. It is often called a 'hypo' and is defined as a blood glucose level **less than 4.0mmol/l**.

Some people don't feel the symptoms of a hypo at this level but it is important to treat any level less than 4.0mmol/l.

Signs and symptoms of hypoglycaemia:

There are many different signs and symptoms of hypoglycaemia and not everyone will experience them all. Below are some of the signs and symptoms that may be experienced.

- ▶ Feeling shaky
- ▶ Hunger
- ▶ Pale
- ▶ Headache
- ▶ Stomach ache
- ▶ Mood swings
- ▶ Poor concentration
- ▶ Feeling dizzy
- ▶ Feeling confused
- ▶ Feeling unsteady
- ▶ Slurred speech
- ▶ Jelly legs or tired legs



Possible causes of hypoglycaemia:

- ▶ Exercise
- ▶ Overestimating the amount of carbohydrate in a meal (and therefore taking more insulin than needed)
- ▶ Not finishing a meal after giving insulin
- ▶ Illness
- ▶ Going a long time without eating
- ▶ Stress and worry



Overnight hypos can occur. Talk to your team if this is causing you concern.

Remember, if there are any of these signs or symptoms:

- ▶ Check the blood glucose level
- ▶ If it is below 4.0mmol/l take immediate action
- ▶ Treatment will be dependent on the child or young person (CYP)'s weight. Turn the page for more information



Treatment of hypoglycaemia: Insulin pen therapy

MILD	MODERATE	SEVERE
Able to self-manage (Conscious and able to swallow)	Needs some help to manage	Unable to self-manage

BODY WEIGHT RANGE					
Less than 15kg	15kg-30kg	30kg-50kg	Over 50kg	Glucogel — Squeeze gel slowly into the mouth. The gel should be swallowed.	<ul style="list-style-type: none"> Urgent assistance required Place CYP in the recovery position Contact emergency services Glucagon hypo kit can be used (only if trained to do so)
Give 5g fast acting carbohydrate eg.	Give 10g fast acting carbohydrate eg.	Give 15g fast acting carbohydrate eg.	Give 20g fast acting carbohydrate eg.		
55ml Lucozade Energy	110ml Lucozade Energy	170ml Lucozade Energy	220ml Lucozade Energy		
20ml Lift (Glucos juice)	40ml Lift (Glucos juice)	60ml Lift (Glucos juice)	80ml Lift (Glucos juice)		
1 and a half glucose tablets	3 glucose tablets	5 glucose tablets	6 glucose tablets		
1 Jelly baby	2 Jelly babies	3 Jelly babies	4 Jelly babies		
1 and a half Starbursts	3 Starbursts	5 Starbursts	6 Starbursts		
50ml cola	100ml cola	150ml cola	200 ml cola		
Half a tube of glucogel	1 tube of glucogel	1 and a half tubes of glucogel	2 tubes of glucogel		

Wait 15 minutes and recheck blood glucose levels. If blood glucose is still less than 4.0mmol/l, repeat glucose treatment. It is not uncommon to have to repeat this more than once.	The CYP should start to recover in 15 to 30 minutes
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When blood glucose level is above 4.0mmol/l, a small (10g) carbohydrate snack **MAY*** be required e.g. a small piece of fruit, 1 digestive biscuit, 1 oat biscuit (e.g. hobnob), 2 rich tea biscuits, 1 fig roll, 1 packet of mini cheddars or 1 box of raisins

**This may depend on any planned activity over the next few hours.*