

Hypoglycemia (remember “hypo means low”)

Hypoglycemia is defined as blood sugars less than 60-70. Many people can feel symptoms when blood sugar drops below 70 or 80. Some of the symptoms include:

- Dizziness
- Blurred Vision
- Irritability
- Hunger
- Disorientation

Hypoglycemia is a potentially serious condition and should be treated immediately. If a person becomes hypoglycemic, he/she should immediately take some form of fast-acting carbohydrate, such as glucose tablets, 4 oz of juice, or regular (not diet) soda. He/she should rest and retest in 10-15 minutes. If still hypoglycemic, retreat and retest in 10-15 minutes. If hypoglycemia persists, contact your doctor!

Once hypoglycemia resolves, if not eating a meal immediately, a diabetic person should eat a small snack of 15-30 grams of carbohydrates that also contain protein. Some good snacks include ½ a peanut butter sandwich or 8 oz of milk (refer to Nutrition section).

In some cases, a person’s blood sugar may become so low that they are not safely able to chew or swallow. In this case, glucose gel should be given. Glucose gel can be absorbed through the inside of the cheeks without swallowing.

In severe hypoglycemia, the person can become unconscious. This requires emergent treatment by injecting a medicine called glucagon. Glucagon causes the liver to rapidly release glucose in storage and rapidly raises blood sugar.

These treatments will be covered in more detail by your healthcare provider during your hospital stay.

Hyperglycemia and hypoglycemia have some symptoms in common, such as hunger or fatigue. If something doesn’t feel quite right, it is important to test blood sugar, in order to determine the appropriate action. In a newly diagnosed diabetic, frequent testing will allow the children and the caregivers to identify how “highs” and “lows” feel or look like, as these can vary from person to person.

Hypoglycemia Treatment

	MILD	MODERATE	SEVERE
Alertness	<u>Alert</u>	<u>Not Alert</u> <ul style="list-style-type: none"> • Unable to drink safely (choking risk) • Needs help from another person 	<u>Unresponsive</u> <ul style="list-style-type: none"> • Loss of consciousness • Seizure • Emergency!
Symptoms Looking like...	<ul style="list-style-type: none"> ☹ Mood changes ☹ Shaky, weak, pale ☹ Fatigue ☹ Hungry 	<ul style="list-style-type: none"> ☹ Confused, unable to focus, disoriented ☹ Headache ☹ “Out of control” 	<ul style="list-style-type: none"> ☹ Complete loss of consciousness ☹ Possibly seizure
Actions to take What to do...	<ul style="list-style-type: none"> ➤ Check blood sugar. ➤ Give 2-8 oz of juice / sugary fluid (the amount depends on age) ➤ Recheck blood sugar in 10-15 min ➤ If < 70, repeat juice / sugary fluid. Recheck in 10-15 min. ➤ If > 70, have a solid snack. 	<ul style="list-style-type: none"> ➤ Place in position of safety. ➤ Check blood sugar. ➤ If on insulin pump, disconnect or suspend. ➤ Give glucose gel or cake decorating gel – put between gums and cheek & rub the gel in ➤ Recheck blood sugar in 10-15 min ➤ Once alert, follow “Actions to take” under the “Mild” column 	<ul style="list-style-type: none"> ➤ Place in position of safety. ➤ Check blood sugar. ➤ If on insulin pump, disconnect or suspend. ➤ Give glucagon: <ul style="list-style-type: none"> ▪ If under 5 years of age, use ½ of vial ▪ If 5 or older, use the whole vial ➤ Recheck blood sugar every 10-15 min until higher than 80 <ul style="list-style-type: none"> ▪ Call 911 if no response ▪ Otherwise check blood sugar every hour for 4-5 hours ➤ Call doctor / nurse to report this episode
Recovery time	○ 10-20 minutes	○ 20-45 minutes	○ Effect can last 2-12 hours, with high risk for more “lows” for 24 hours.

Sources of Quick-Acting Sugar (CHO) for Hypoglycemia

	5 years old or younger	6-10 years old	Over 10 years old
Grams of CHO:	10g	10-15g	15-20g
Apple or Orange Juice ($\frac{1}{2}$ cup or 4 oz = 15g)	$\frac{1}{3}$ cup or	$\frac{1}{3}$ to $\frac{1}{2}$ cup or	$\frac{1}{2}$ to $\frac{2}{3}$ cup or
	2-3 oz	4 oz	4-5 oz
Glucose Tablets (based on 4g each)	2 tablets	3-4 tablets	4-5 tablets
Cake Decorating Gel (1 small tube = 12g)	1 tube	1 tube	1-2 tubes
Sugar (1 tsp = 4g)	2 tsp	3-4 tsp	4-5 tsp
Honey or syrup (1 tsp = 5g)	2 tsp (Do not use for children under 2)	2-3 tsp	3-4 tsp
Regular soda (1 oz = 3g)	3 oz	4-5 oz	5-6 oz
Skittles (1g each)	10 pieces	10-15 pieces	15-20 pieces
Sweet Tarts (1.7g each)	6 pieces	6-8 pieces	8-12 pieces
Raisins (1 Tbsp = 7 $\frac{1}{2}$ g)	1-2 Tbsp	2 Tbsp	2 $\frac{1}{2}$ Tbsp