

Hypoglycaemia

What is hypoglycaemia?

Hypoglycaemia (also called a 'hypo') means a low level of glucose in the blood stream. A hypo is defined as having a blood glucose level (BGL) of less than 4mmol/L.

What causes hypoglycaemia?

Hypoglycaemia can be caused by:

- Missing carbohydrate at meals or snacks.
- Unplanned activity or exercise
- Having too much insulin for the amount of carbohydrate eaten at a meal or snack.
- Having too much insulin (by accident or with change of dose).

What are some of the symptoms of hypoglycaemia?

Symptoms of a low BGL include:

- Child becoming pale
- Sudden hunger
- Sweating and/or shaking, pounding heart
- 'Sick' feeling in the stomach
- Headache
- Drowsiness
- Difficulty in concentrating
- Behaviour changes such as irritability, agitation, quietness, and tantrums or change in personality

A child will not always be able to tell you if they are having a hypo. If you suspect your child is having a hypo, always check their BGL.

How do I treat hypoglycaemia?

Your child will require treatment if their BGL is less than 4 mmol/L at any time. Treatment involves giving your child glucose (carbohydrate) to raise their BGL.

**It is important to always carry hypo treatment.
If hypos occur frequently, discuss this with the diabetes team.**

HYPO TREATMENT GUIDELINES	
Step 1:	Test BGL - if less than 4.0 mmol/l treat with ½ - 1 portion of rapid acting carbohydrate
Step 2:	Re-test BG in 15 minutes: if no increase in BG repeat treatment as above
Step 3:	If more than 1 hour until next meal, eat ½ - 1 portion of slower acting carbohydrate
*Children under 4 years of age: use ½ portion of carbohydrate	
Note:	For pre-meal hypo: treat hypo immediately. When hypo has resolved, calculate and dose for meal insulin according to dosing card.
Rapid acting carbohydrate = 1 Portion	
Fruit juice/cola/lemonade	150 ml (approx. ½ metric cup)
Cordial (undiluted)	30 ml
Sugar	1 Tablespoon
Jellybeans	5 Jellybeans
Slower acting carbohydrate = 1 Portion	
1 piece fruit or 1 slice bread or 2 - 3 biscuits or 1 muesli bar	
1 carbohydrate portion = 15 grams of carbohydrate	

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Please note: If your child is unresponsive or unable to swallow, treatment of hypoglycaemia may require a glucagon injection. Your doctor and diabetes educator will provide more detail about this treatment.

Oral treatment for Hypoglycaemia

Treatment options for children less than 4 years old

(all treatment options provide 7g carbohydrate or ½ a serve)

Fast acting carbohydrates	Slow acting carbohydrates
40mL Lucozade 90mL regular soft drink (non-diet) Glucose gel equivalent to 7g 1½ teaspoons of dissolved sugar 70mL of clear apple juice 2 teaspoon regular cordial (non-diet, undiluted)	125mL milk ½ tub or 100g of yoghurt ½ slice of wholegrain bread 2 small grainy crackers (e.g. <i>Vita Weat™</i>) ½ piece fruit ¼ cup baked beans Please note children on insulin pump therapy do not require the follow- up slow acting carbohydrate.

Treatment options for children more than 4 years old

(all treatment options provide 15g carbohydrate or 1 serve)

Fast acting carbohydrates	Slow acting carbohydrates
90mL Lucozade 180mL of regular soft drink (non-diet) Glucose gel equivalent to 15g 3 teaspoons of dissolved sugar 140mL of clear apple juice 1 tablespoon regular cordial (non-diet, undiluted)	250mL plain milk 1 tub or 200mL plain or diet yoghurt 1 slice wholegrain bread 4 x small grainy crackers (e.g. <i>Vita Weat™</i>) 1 piece of fruit or small handful dried fruit ½ cup baked beans Please note children on insulin pump therapy do not require the follow- up slow acting carbohydrate.

For further information contact your Dietitian: _____