

INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

## Paediatric diabetes

### Hypoglycaemia management



**This guide is for treating a mild hypoglycaemic episode for children on multiple daily insulin injections (basal bolus regimen) and on insulin pump therapy.**

Hypoglycaemia (**hypo**) occurs when the level of glucose in your blood, or sensor glucose level, falls too low (**below 4 mmols/l**).

The amount of hypo treatment will vary depending on your age and weight. For insulin pump patients, fast acting glucose is used only. In some situations, such as exercise, a snack may be needed afterwards.

#### You must:

- Always carry some glucose with you, for example in the car, by your bedside and at friends/family homes.
- Always explain to friends and relatives the symptoms of a hypo and how to treat it.
- Always carry identification that says you have diabetes.

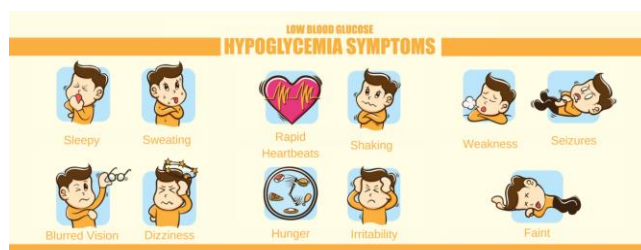
**If you have persistent hypos, please contact your diabetes specialist team as your diet/medication may need altering.**

#### Main causes of hypoglycaemia:

- Taking too much insulin.
- Eating too little carbohydrate at a meal or not finishing your meal.
- Increased exercise or physical activity without eating extra carbohydrate or adjusting insulin.

#### Symptoms of hypoglycaemia

You may experience one or more of the following:



## Initial treatment of hypoglycaemia (according to age and weight)

When you get warning symptoms:

- Stop what you are doing and sit down.
- Confirm your hypo symptoms with a glucose test (below 4).
- Take one of the fast acting carbohydrates listed in the next section.
- Repeat your glucose test after 15 minutes.
- Repeat taking fast acting carbohydrate if low blood glucose levels persist (below 4mmols/l).

**Weight:** Less than 15kg  
**Age:** Approximately under 5 years

Provide 5 grams of glucose:

- Pure fruit juice: 50ml
- Full sugar cola: 50ml
- Full sugar Ribena: 100ml
- Glucotab: 1 tablet
- Dextrose tablet: 2 tablets
- Glucojuice: 20ml
- Lucozade energy original: 50ml
- Jam: 1 level teaspoon
- Jelly babies: 1.

**Weight:** 15 to 30kgs  
**Age:** Approximately under 10 years

Provide 10 grams of glucose:

- Pure fruit juice: 100ml
- Full sugar cola: 100ml
- Glucotab: 2 to 3
- Dextrose tablet: 3
- Glucojuice: 40ml
- Lucozade energy original: 100ml
- Honey/Jam: 2 level teaspoons
- Jelly babies: 2.

**Weight:** More than 30kgs  
**Age:** Approximately 10 years and older

Provide 15 grams glucose:

- Pure fruit juice: 150ml
- Full sugar Cola: 150ml
- Glucotab: 4
- Dextrose tablet: 5 tablets
- Glucojuice: 60ml
- Lucozade energy original: 170ml
- Jelly babies: 3.



## The guidelines for the treatment of hypoglycaemia is 0.3 grams of glucose per kg of body weight

### Extra tip

Chocolate is NOT recommended as an effective treatment for hypos as the body takes longer to break down the lactose found in milk and the fat slows the rate of absorption of the sugar found in chocolate.

### Follow up treatment (not needed for patients on insulin pumps)

After your glucose level has reached your target range (4 to 7mmols/l), you will need to eat a starchy carbohydrate snack (slow acting) to keep your glucose levels within range if you are not shortly due your next meal. Choose a snack containing 10 grams carbohydrate.

Snack examples:

- 1 small piece of fruit (not banana).
- 1 small slice of bread/toast.
- 1 plain biscuit e.g. Digestive/hobnob.
- Glass of milk - 200ml.
- Cereal bar (max 15 grams of carbohydrate).

If your next meal is due, always treat the hypo first and restore you glucose level above 4mmols/l, then give insulin and eat your meal as normal.

### Severe hypoglycaemia - advice for parents/carers

If the child/young person is **drowsy**, **unconscious** or having a **convulsion**:

- **Do not** attempt to give anything by mouth.
- Place in the recovery position.
- Dial 999 for an ambulance.
- Consider giving GlucoGen injection if trained to do so.

**Please speak to the diabetes team for more information/advice on the management of severe hypoglycaemia.**

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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