

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 and management regimen. Patients on insulin pumps only need half the treatment and no follow up snack is required compared to patients on injections.

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:

Shaking	Sweating
Pallor	Sleepy
Mood changes	Hunger
Weakness (jelly legs)	Rapid heartbeat
Dizziness	Collapse
Blurred vision	Seizures

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 or a current sensor glucose value (below 4mmols/l).
- Take one of the fast-acting carbohydrates listed in the next section.
- Repeat your glucose test after 15 minutes or monitor sensor glucose after 20 minutes.
- Repeat taking fast acting carbohydrate if low blood glucose levels persist (below 4mmols/l). Please do a finger prick glucose test to confirm before repeating treatment.

Weight: Less than 15kg

Age: Approximately under 5 years

Injections	Pump
Provide 5 grams of glucose	Provide 2.5 grams of glucose
Pure fruit juice: 50ml	Pure fruit juice: 25ml
Full sugar cola: 50ml	Full sugar cola: 25ml
Full sugar Ribena: 100ml	Full sugar Ribena: 50ml
Glucotab: 1 tablet	Glucotab: 1/2 tablet
Dextrose tablet: 2 tablets	Dextrose tablet: 1 tablet
Glucojuice: 20ml	Glucojuice: 10ml
Lucozade Energy original: 50ml	Lucozade Energy original: 25ml
Jam: 1 level teaspoon	Jam: 1/2 level teaspoon
Jelly Babies: 1	Jelly Babies: 1/2

Weight: 15 to 30kgs

Age: Approximately under 10 years

Injections	Pump
Provide 10 grams of glucose	Provide 5 grams of glucose
Pure fruit juice: 100ml	Pure fruit juice: 50ml
Full sugar cola: 100ml	Full sugar cola: 50ml
Glucotab: 2 to 3 tablets	Glucotab: 1 to 2 tablets
Dextrose tablet: 3 tablets	Dextrose tablet: 1 to 2 tablets
Glucojuice: 40ml	Glucojuice: 20ml
Lucozade Energy original: 100ml	Lucozade Energy original: 50ml
Honey/jam: 2 level teaspoons	Honey/jam: 1 level teaspoon
Jelly Babies: 2	Jelly Babies: 1

Weight: More than 30kgs

Age: Approximately 10 years and older

Injections	Pump
Provide 15 grams of glucose	Provide 7 to 8 grams of glucose
Pure fruit juice: 150ml	Pure fruit juice: 75ml
Full sugar cola: 150ml	Full sugar cola: 75ml
Glucotab: 4 tablets	Glucotab: 2 tablets
Dextrose tablet: 5 tablets	Dextrose tablet: 2 to 3 tablets
Glucojuice: 60ml	Glucojuice: 30ml
Lucozade energy original: 170ml	Lucozade energy original: 85ml
Jelly Babies: 3	Jelly Babies: 1 and a half



The guidelines for the treatment of hypoglycaemia are 0.3 grams of glucose per kg of body weight or 0.15 grams per kg if on a pump.

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 an insulin pump)

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 (tennis ball size).
- 1 small slice of bread/toast.
- 1 plain biscuit e.g. Digestive/Hobnob.
- Glass of milk - 200ml.
- Cereal bar (max 15 grams of carbohydrate).
- Plain yogurt 100grams

If your next meal is due, always treat the hypo first and restore your 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.
- Give GlucoGen injection if you are 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

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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