

THE CONNECTICUT PROGRAM FOR CHILDREN WITH DIABETES

HYPOGLYCEMIA (Low Blood Sugar) <70

MILD

SYMPTOMS MAY BE MILD TO SEVERE

* Develops Suddenly

WATCH FOR:

- * Excessive sweating, faintness, headache
- * Heart pounding, shakiness
- * Impaired vision, hunger
- * Irritable, angry, confused

WHAT TO DO:

- * Check blood sugar immediately
- If 70 or below:
- **Give 4 oz of juice or 4 glucose tabs**
(15 gms of rapid acting carbohydrate)
Re-check blood sugar in 10-15 minutes

Rule of 15 - 15gm CHO / 15 minutes

- * If blood sugar is still **70** or below repeat treatment until above **70**.
- * If blood sugar is over **70** but there is no scheduled meal/snack within 30-60 minutes, give an extra 10-15 grams carb and protein/fat snack (Ex: Crackers with cheese/PB; milk)

***Do not give fluids if unconscious.
See Moderate to Severe hypoglycemia***

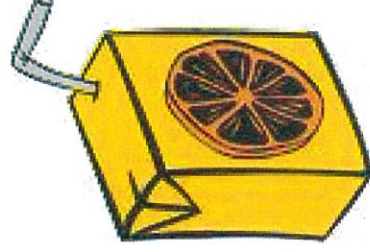
CAUSES:

- * Unusual amount of exercise
- * Not eating enough food
- * Too much insulin
- * Delayed meal



Key Points about Hypoglycemia:

- ✓ Always have supplies with you to test a blood sugar and treat a low.
- ✓ Be sure that family, friends and school personnel are aware of what to do in case of low blood sugar before it happens.



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HYPOGLYCEMIA

MODERATE

Symptoms:

Same as mild plus:

- b. aggressive, uncontrollable behavior
- c. irritable
- d. lethargic, sleepy, confused

Treatment:

- ◆ if person is awake, treat as you would a MILD REACTION with rapid acting carbohydrate.
- ◆ if uncooperative, place GLUTOSE or frosting (CAKE MATE) inside cheek or gum line.

SEVERE

Symptoms:

- ◆ confusion
- ◆ slurred speech
- ◆ unresponsive
- ◆ convulsion or seizure

Treatment:

- Use Glucagon Emergency Kit
- Call 911

Glucagon Emergency Kit

If blood sugar levels get so low that the person passes out or cannot swallow, glucagon is needed. Glucagon is a medicine that raises blood sugar. It is taken as an injection, and works the opposite of insulin to raise the blood sugar. Glucagon is not sugar, but it makes your body release sugar in the blood.

DOSE: The proper dose of glucagon is weight dependent.

For children weighing **less than 20 kg (44 pounds)** give **0.5 mg**

For children weighing **more than 20 kg (44 pounds)** give **1.0 mg**

- Convenient kit design for accessibility at home, camp, work, or school
- Quick and simple to use in an emergency situation
- Small, easy-to-carry package – no refrigeration needed.
- Every person who takes insulin should keep glucagon on hand. If insulin is taken, family, friends, care givers and others should learn to give glucagon.

