



FACTSHEETS FOR CHILDREN

Hypoglycaemia

Hypoglycaemia (HYPO) means a low level of sugar in the blood $< 4\text{mmol/L}$

Common signs and Symptoms are:

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|--|-----------------------|
| ■ Excessive Sweating | ■ Drowsiness |
| ■ Paleness | ■ Dizziness |
| ■ Unexpected changes in behaviour | ■ Shaking |
| ■ Headache | ■ Heart Racing |
| ■ Hunger | ■ Tingling |
| ■ Blurry Vision | |

BUT THERE MAY BE NO SIGNS OR SYMPTOMS

A blood sugar level test should be done whenever possible to confirm hypoglycaemia before treating.

Hypoglycaemia is caused by

1. Too much insulin
2. Missing or delayed meals
3. Not eating all serves of carbohydrate
4. Vigorous exercise without eating extra carbohydrate
5. Vomiting and diarrhoea
6. Too much alcohol

Treatment of a 'Hypo'

First Step: Give a sugar serve

- 5 Jelly beans (regular size) **OR**
- $\frac{1}{2}$ cup (125ml) of ordinary soft drink **NOT** diet **OR**
- 2 Jelly Snakes **OR**

- 1 tablespoon of honey or sweetened condensed milk **OR**
- 1 pre pack of natural confectionary lollies

Second Step: Give a sustaining serve of carbohydrate

- 1 slice of bread
OR
- Apple or Banana
OR
- Muesli Bar
OR
- 6 dried biscuits – e.g. Savoy/Ritz/Jatz
OR
- 1 cup of milk
OR
- Packet Pizza/BBQ Shapes

Signs and symptoms of hypoglycaemia should start to disappear 5-10 minutes after treatment.

Please repeat your BGL 20 minutes following your initial sugar serve to confirm that your BGL is above 4mmol/L.

If HYPO signs and symptoms are not relieved or your BGL is still less than 4 mmol/L repeat the sugar serve.

If a Hypo occurs before a meal or snack

- Give the sugar serve
- Serve meal immediately

If hypoglycaemia occurs before a meal when insulin is due:

1. Give sugar serve
2. Serve meal immediately
3. Administer scheduled dose of insulin

Overnight Hypoglycaemia

To prevent overnight hypoglycaemia from occurring a blood glucose level should be taken prior to bed. This blood sugar level should be approximately 7.0mmol prior to bed time (usually 9.30 – 10.00 pm).

- If the blood glucose level is less than 7.0mmol/L at 9.30pm give an extra serve of sustaining **carbohydrate** (on top of the supper serve)
- If the blood glucose level is less than 5.0mmol/L at 9.30pm treat as a **hypo**.