

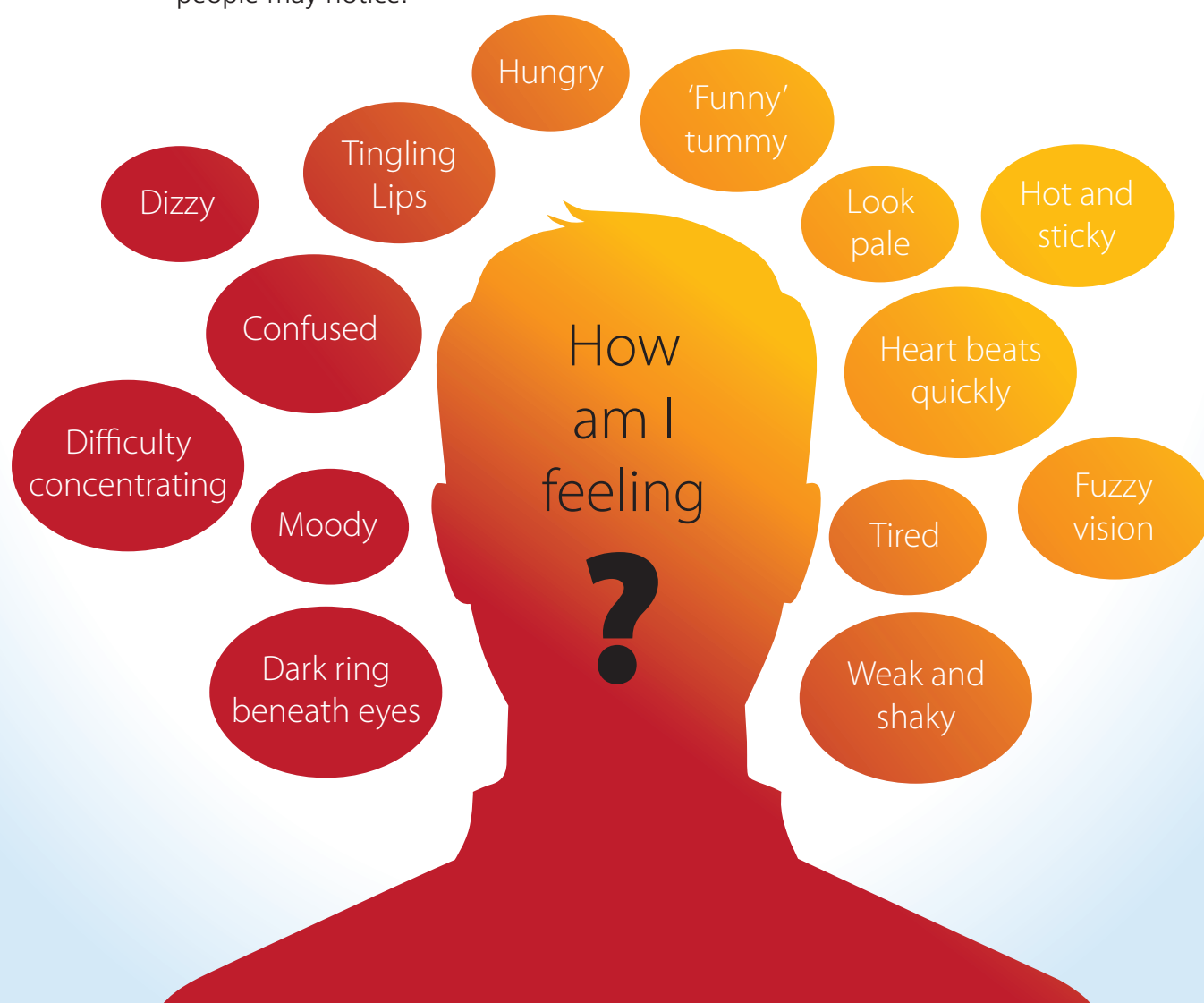
TREATING HYPOGLYCAEMIA

in children and young people with diabetes

What is hypoglycaemia?

Hypoglycaemia or 'hypo' means that your blood glucose level (blood sugar) is less than 4.0 mmol/L. Some people call this 'going low'. Hypos make different people feel different things. This is your body's way of warning you that your blood glucose is too low.

Below are some of the things that you may feel or signs that other people may notice.





What should I do if I feel a hypo?

The first thing to do is to test your blood glucose level. If your blood glucose level is under 4.0 mmol/L, this means you are having a hypo and there are 3 easy steps to follow which will make you feel better.

STEP

1

You will need to have fast-acting carbohydrate food or drink straightaway. The amount that you need depends on how old you are.

See the table below for examples:

	Under 5 years old (5g carbohydrate)	5 to 10 years old (10g carbohydrate)	Over 10 years old (15g carbohydrate)
Lucozade	55 ml	110 ml	170 ml
Lucozade Sport	85 ml	170 ml	250 ml
Glucojuice	20 ml	40 ml	6 ml
Glucotabs	1	3	4
Dextrose tablets	2	3	5
Ribena / Capri Sun / Fruit shoot (ready to drink)	50 ml	100 ml	150 ml
Ribena (concentrate)	10 ml	20 ml	30 ml
Fruit juice	50 ml	100 ml	150 ml
Coca Cola*	50 ml	100 ml	150 ml
Wine gums / Fruit Pastilles	2	3	5
Skittels	6	11	17
Starburst	1	3	4
Cola Bottles	2	4	6
Jelly Babies	1	2	3

* The carbohydrate content of other fizzy drinks may be different, so check the label.

STEP

2

Recheck your blood glucose level after 15 minutes. If your blood glucose level is above 4.0 mmol/L, move to step 3.

If your blood glucose level is still below 4.0 mmol/L, repeat steps 1 and 2. If your blood glucose level is still below 4.0 mmol/L after 3 attempts of fast-acting carbohydrate treatment, contact the Children's Diabetes Team for advice by telephoning 01274 365219. We use textphone for patients who are deaf or have hearing difficulties, please ring 18001 01274 365219.

STEP

3

Once your blood glucose level is above 4.0 mmol/L, you will need to have one of the longer-acting carbohydrates (10g) listed below, to keep your blood glucose level stable.

Note: If you are on an insulin pump you do not need to have longer acting carbohydrate



- Small piece of fruit
- Yoghurt or 2 fromage frais
- 200ml of milk
- 2 crackers or 1 slice of toast with some spread
- Small packet of crisps
- 1-2 plain biscuits



What if my hypo is just before a meal?

If you have a hypo just before a meal, take your usual fast-acting carbohydrate (step 1). Then wait 15 minutes and then retest your blood glucose level (step 2). If above 4.0mmol/l, give your meal time insulin dose before eating your meal.



How can I avoid having a hypo?

It is normal to have a hypo now and again, but here are some things you can do to make sure that you don't have too many:



- Make sure you eat regular meals.
- Think about whether you need extra carbohydrate when doing sports activity.
- If you feel hypo, **don't ignore it**. Check your blood glucose level.
- Always carry fast-acting carbohydrate foods so that you are prepared to treat a hypo.
- Try to accurately carbohydrate-count your meals so that you give the right dose of insulin.

Key Points

- A hypo is a blood glucose level under 4.0 mmol/L.
- Most types of hypo can be easily treated with fast-acting carbohydrate followed by slow-acting carbohydrate.

Further Information

Diabetes UK – Telephone: 034 123 2399

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Food for Life - Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust

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Telephone: 01274 365219 (8.30am – 4.30pm) Answerphone available outside office hours. We use Next Generation Text for people with hearing difficulties. This used to be called BT Text Relay To contact us ring 18001 01274 365219

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If you need this information in another format or language, please ask a member of staff to arrange this for you.