

Flowchart for the treatment of hypoglycaemia

Main causes

- Missed, delayed or inadequate snacks / meals
- More exercise/activity than planned
- Too much insulin

Signs and symptoms

- Hungry
- Pale / sweaty / clammy
- Shaky hands
- Headache
- Grumpy / irritable
- Tired / weak
- Heavy Legs
- Confusion

THE CHILD MAY NOT SHOW ANY SIGNS

Blood glucose level under 4 mmol/L

Child uncooperative

Child conscious

Squirt 1 tube of Glucogel® evenly in the side of both cheeks and massage from the outside

After 10-15 minutes recheck blood glucose level.

If less than 4mmol/L, go to **Step 1** (blue box).
If remains uncooperative, **repeat Glucogel®**.
If above 4mmol/L, go to **Step 2** (green box)

Child cooperative and able to eat or drink

Step 1

Child under 4 years (5g fast acting carbs)

- Give 1 glucose tablet / 20ml Lift® fast acting glucose liquid
- Or 55ml Lucozade Original / 75ml Lucozade Sport
- Or 50ml regular Cola

Child 4-11 years (10g fast acting carbs)

- Give 3 glucose tablets / 40ml Lift® fast acting glucose liquid
- Or 110ml Lucozade Original / 150ml Lucozade Sport
- Or 100ml regular Cola

Child above 11 years (15g fast acting carbs)

- Give 4 glucose tablets / 60ml Lift® fast acting glucose liquid
- Or 165ml Lucozade Original / 230ml Lucozade Sport
- Or 150ml regular Cola

After 10-15 minutes recheck blood glucose level

Blood glucose level still below 4 mmol/L

Repeat **Step 1** until blood glucose level above 4mmol/L

Blood glucose level above 4 mmol/L

Step 2

If it is a mealtime give insulin as normal with the meal
If the next meal is over 30 minutes away give a slow acting carbohydrate snack as follows:

Child under 4 years:

1 rich tea / nice biscuit (5g carbs)

Child 4-11 years:

2 rich tea / 1 digestive biscuit (10g carbs)

Child above 11 years:

3 rich tea biscuits / 1 small cereal bar (15g carbs)

Child unconscious

Do not give anything by mouth
Place in the recovery position and call 999 for an ambulance.
If trained give Glucagon injection