

Hypoglycaemia: low blood glucose for > 6 years

A 'hypo' or 'low' occurs when the blood glucose drops too low or too fast. It is caused by too much insulin, or too little carbohydrates. Your child is considered to be hypo when the blood glucose is < 3.5mmol.

It is sometimes difficult to tell when your child is having a hypo. Signs to look out for:

- Pale skin
- Irritable
- Sweating
- Drowsiness

Other signs to look out for (but not always seen):

- Trembling
- Dizziness
- Headache
- Confusion/ unusual behaviour
- Loss of consciousness or convulsion

Test glucose

- As advised by your doctor
- For any symptoms of being 'low'
- Vomiting

Outing plan - ensure you have the following equipment to monitor glucose and treat hypo.

- BGL monitor, test strips and finger pricker
- Glucose tablets/lemonade
- Sensors (if using one)

Hypo treatment

- Act promptly
- Treat as soon as you notice symptoms
- Do a blood glucose reading to confirm the low blood glucose.
- If in doubt, TREAT.
- For those using sensor: Hypo on sensor should always be checked by blood glucose test on the meter. Sensor glucose should not be used to confirm or treat hypoglycaemia.



Management

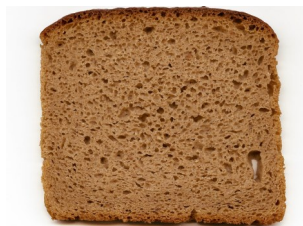
If the blood glucose level is less than 3.5mmol/l:

- Give glucose tablets
- Snack if non meal time or have a meal at meal time
- Repeat blood glucose testing in 15 to 20 minutes
- Repeat steps 1 to 3 if blood glucose less than 3.5mmol/l

	6-12 years	>12 years
Glucose tablets	7	10
OR		
Lemonade(ml)	120 Approx ½ cup	180 Approx ¾ cup

***1 Glucodin = 1.4gms of glucose**

Snacks can be one piece of fruit or wholegrain bread, one small tub of yoghurt (200g) and one cup of milk (250ml).



Emergency management plan

- If unconscious or fitting check - airway, breathing and circulation
- Lie child on one side and protect from injury (coma position)
- Check the mouth is clear to allow unobstructed breathing
- Skin colour should remain pale to normal if the child is breathing properly
- Never put food or drink in the mouth of a person who is unconscious, convulsing or unable to swallow, in case it is inhaled.

Medical contact details

Ambulance	000
Perth Children's Hospital	(08) 6456 2222
Dept. Endocrinology and Diabetes	(08) 6456 1111
Endocrine nurse	PCHendolaiisonurse@health.wa.gov.au
On call consultant (Emergency)	(08) 6456 5993



Government of Western Australia
Child and Adolescent Health Service

This document can be made available
in alternative formats on request for a
person with a disability.

Child and Adolescent Health Service
15 Hospital Avenue, Nedlands WA 6009
Telephone: (08) 6456 2222
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