

Hypoglycaemia: Fact Sheet

- A 'hypo' is a blood sugar level of below 4mmol/l
- The most common causes of a hypo are not enough food, more exercise than normal or too much insulin
- Every child experiences different hypo symptoms
- The most common symptoms are pale, confusion, hunger, shakiness, headache, sweaty and behaviour changes
- Children who are having a hypo must never be left alone and must be supervised until fully recovered following treatment
- Treatment is with (0.3g x weight) of fast acting carbohydrate such as a juice drink or glucose tablets
- Wait 10-15 minutes after treating with fast acting carbohydrate and then retest glucose level
- If remaining below 4mmol/l check fingerprick and if still below 4mmol treat with another fast acting carbohydrate and wait another 10-15 minutes before re-checking the blood sugar level
- If above 4mmol/l give a longer acting snack such as a piece of fruit or crackers. This step is not necessary if using insulin pump (injections only)
- If your child's glucose level remains low after 2 lots of fast acting carbohydrate treatment please call the diabetes doctor on call for advice
- Remember to check the blood sugar level at bedtime.