

Treatment of Hypoglycaemia in Patients with Type 1 Diabetes

(Blood glucose 3.9mmols or less)

If the child is co-operative and able to tolerate oral fluids:

Give 10-15grams of **fast acting oral carbohydrate** such as:

- 3- 4 glucose tablets
- 120mls of Original Lucozade
- 1 tube of glucogel
- 1 x Glucojuice

*Please do not give chocolate or milk to treat a hypoglycaemia (hypo) as it WILL NOT bring glucose levels up quick enough

If child refuses to drink or is uncooperative, but is conscious:

Give 1 tube of Glucogel – this is a fast acting sugary gel.

This can be administered into the inside of the patient's cheek. This will be swallowed quickly.

After 10-15 minutes recheck blood glucose level

- If blood glucose is still 3.9mmols or less, please repeat previous step appropriate for the patient. Continue giving 10-15grams of **fast acting carbohydrate** and checking blood sugar level after 10mins until blood glucose level is 4.0 or above.
- When blood glucose is 4.0mmols or above – give a long acting carbohydrate e.g x1 digestive or x2 rich tea biscuits.
Please note that a long acting carbohydrate is not required for patients who are on an insulin pump
- If a child has hypoglycaemia before a main meal, please treat the hypoglycaemic episode first with the **fast acting carbohydrate** as above. Once blood glucose level are 4.0mmols or above. The child can have their insulin injection with their meal.

Unconscious Patient – This is a medical emergency and IV Dextrose should be used according to the APLS guideline.

Please note – patients known to have type 1 diabetes may have an established management plan for treatment of hypoglycaemia which may vary from the above.