

## Department of Nutrition and Dietetics

# Paediatric Diabetes - Hypoglycaemia

This leaflet is for children with diabetes and their families/carers.

If you have any questions please speak to your Paediatric Dietitian, Diabetes Nurse or Paediatrician.

### What is hypoglycaemia?

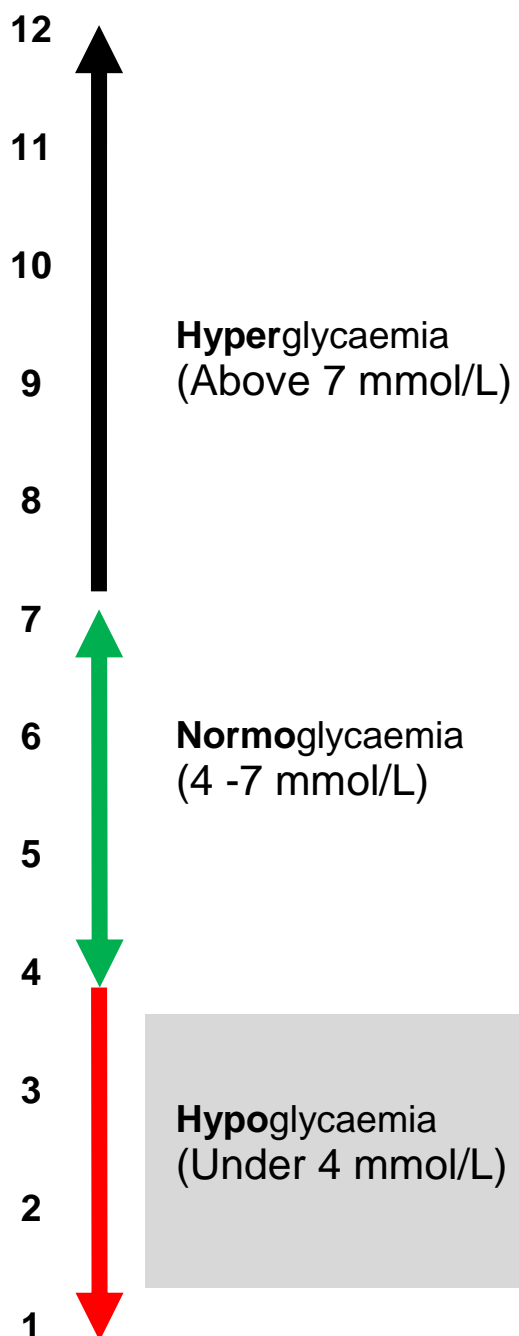
Hypoglycaemia or 'hypo' happens when the level of sugar in the blood is too low that is **less than 4mmol/l**. If you think you may be going into hypo, **you should test your blood glucose by doing a finger prick test**. This will tell you if you are low.

Please continue overleaf...



## Patient Information

**Your friends, teachers and family need to know about hypos so they can help you**



### Causes

- Exercise
- Too much insulin, or given at wrong time
- Not enough carbohydrate
- Stress, illness
- Hot weather
- Injecting into lumpy sites
- Can be a random event

### Symptoms

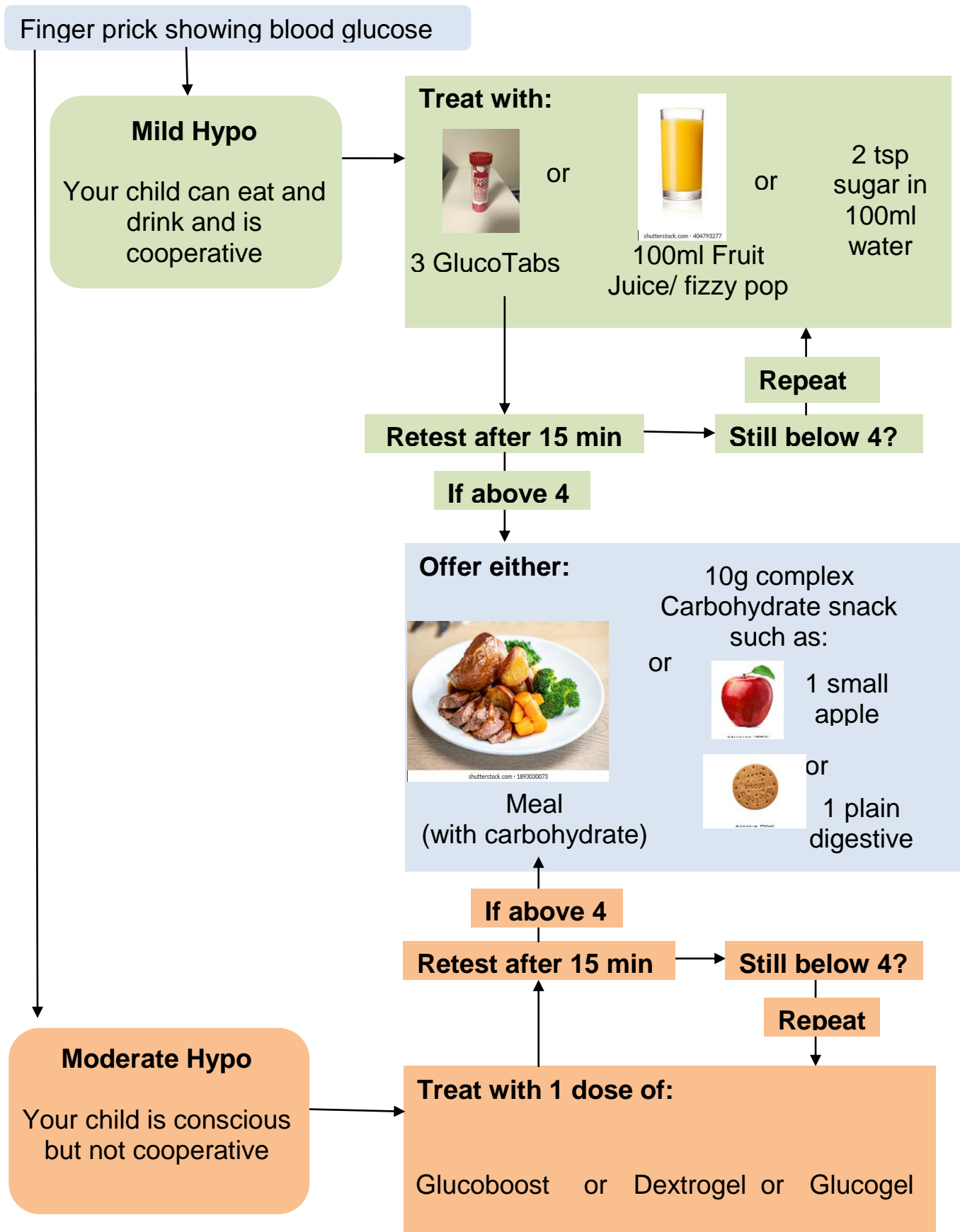
- Tiredness/ fatigue
- Hunger
- Feel strange/faint/dizzy
- Feel shaky/ trembly/ wobbly
- Moody
- Sweaty
- Anxious

### What you look like

- Pale
- Sweaty
- Confused

# Patient Information

## What to do?



## Patient Information

### Severe Hypo

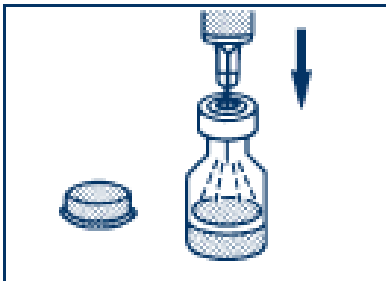
Your child is unconscious and/or having a seizure therefore unable to swallow

**Do Not** give sugary drinks, food or glucose gels, as they may cause child to choke.

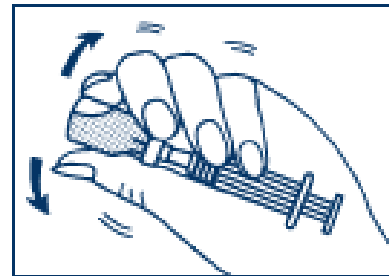
**Place child in recovery position. Make sure airway is open, and child is breathing.**

**Call 999 and stay with the child while you wait for an ambulance.**

### If you feel able to, give GlucoGen injection:

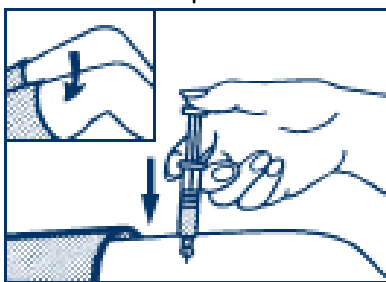


Remove protective cover from bottle and inject the water from syringe into the bottle

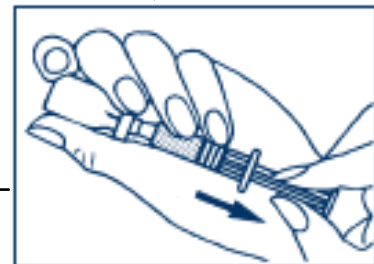


Without removing syringe shake gently until tablet dissolves completely

Recovery will take 10-15 minutes.



Try to remove any large air bubbles from syringe before injecting the Glucagon solution into your child's bottom or thigh



Withdraw this solution back into the syringe

Do not worry if you lose some of the solution during preparation, even a half dose will bring your child round. Glucagon is the opposite of insulin. It releases glucose stores from the liver and raises blood glucose levels.

**After recovery:** Some sugary food may still be needed and a starchy food **must** still be given. This may be difficult, as your child may feel nauseous, vomit or have abdominal (tummy) pain. **Follow steps as per moderate or mild hypo depending on how cooperative your child is able to be.**

## Patient Information

### Precautions and things to keep in mind

- Always carry glucose tablets or other hypo treatment, plus a starchy carbohydrate snack just in case.
- Wear or carry a diabetes identification bracelet or card – available from Diabetes UK
- A certain (small) number of hypos is unavoidable, and can be a normal side-effect of being on insulin therapy.
- Nevertheless, it is useful to try to identify causes where possible, so you can prevent and minimise the number of hypos your child will experience.
- **If you are worried about hypos, speak to a member of your Diabetes team.**

### Further Information

This patient information leaflet was produced by Coventry Dietitians, University Hospitals Coventry & Warwickshire NHS Trust. If you have more questions or require any further information please use the telephone number below.

**Contact number:** 024 7696 6161.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6161 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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