

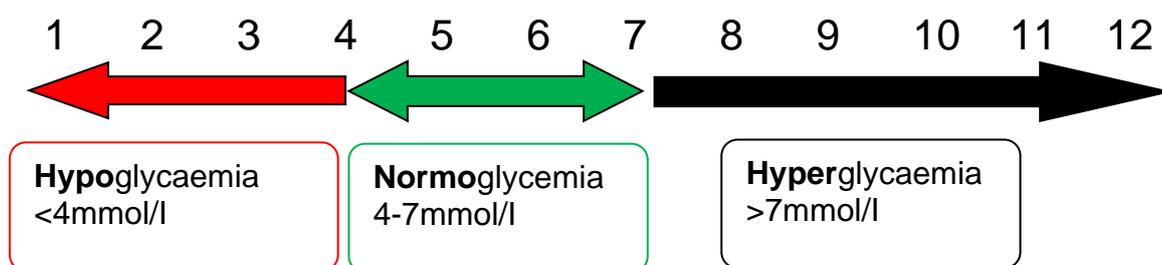
Nutrition and Dietetics

Paediatric diabetes - Hypoglycaemia

If you have any questions, please speak to your paediatric dietitian, diabetes nurse or paediatrician.

What is hypoglycaemia?

Hypoglycaemia or a 'hypo' is where the level of sugar (glucose) in the blood drops too low. A blood glucose level of **less than 4.0 mmol/l**. If you think you may be going into hypo, **you should test your blood glucose by checking your sensor doing a finger prick test**. This will tell you if you are low.



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



Patient Information

Causes of hypoglycaemia

- Exercise
- Too much insulin, or insulin given at wrong time
- Not enough carbohydrate
- Stress, illness (this can also cause high glucose readings)
- Hot weather
- Injecting into lumpy sites
- Drinking alcohol

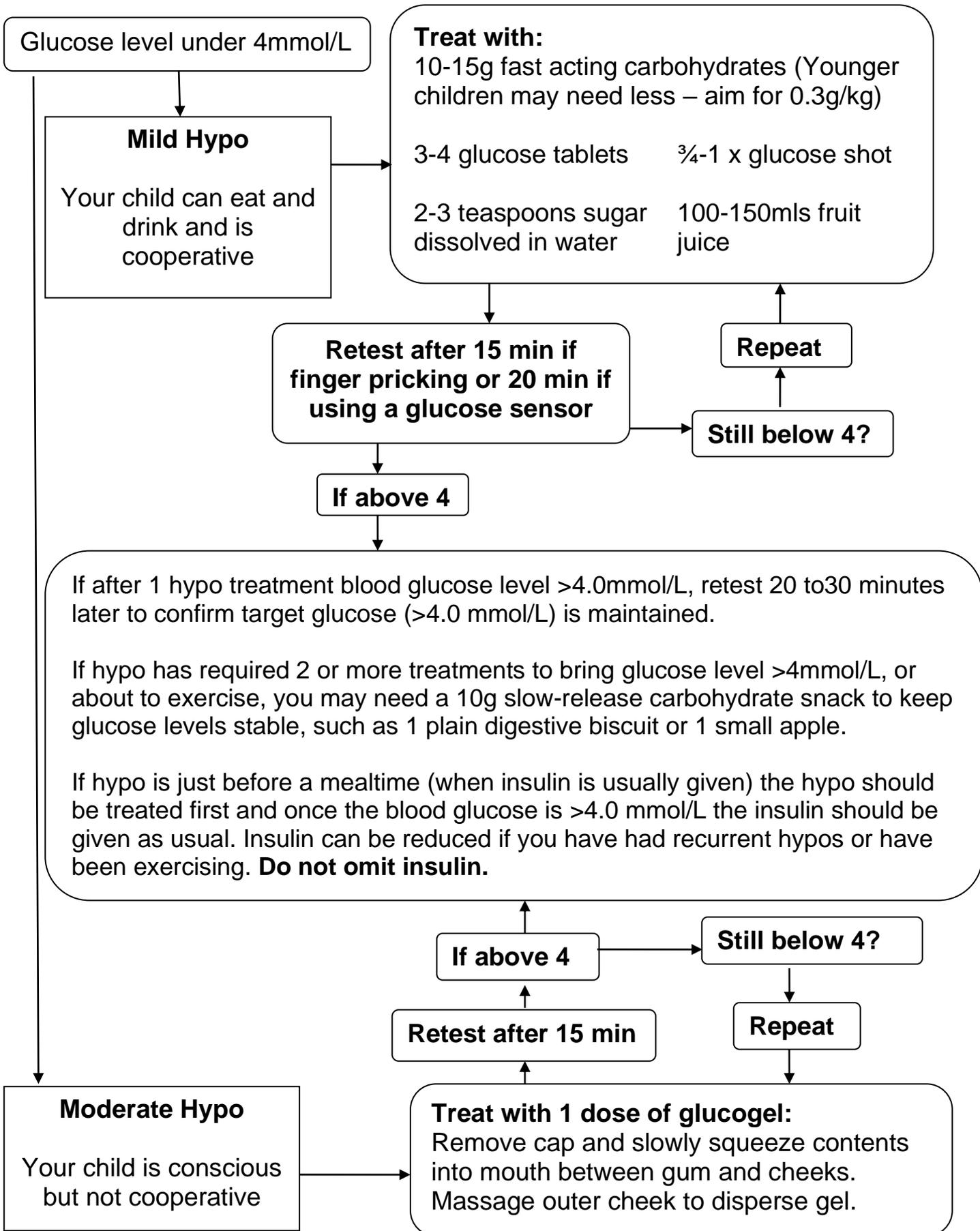
Symptoms of hypoglycaemia

- Tiredness/ fatigue
- Hunger
- Feel strange/faint/dizzy
- Feel shaky/ trembly/ wobbly
- Moody or irritable
- Sweaty
- Anxious
- Headache
- Lack of concentration

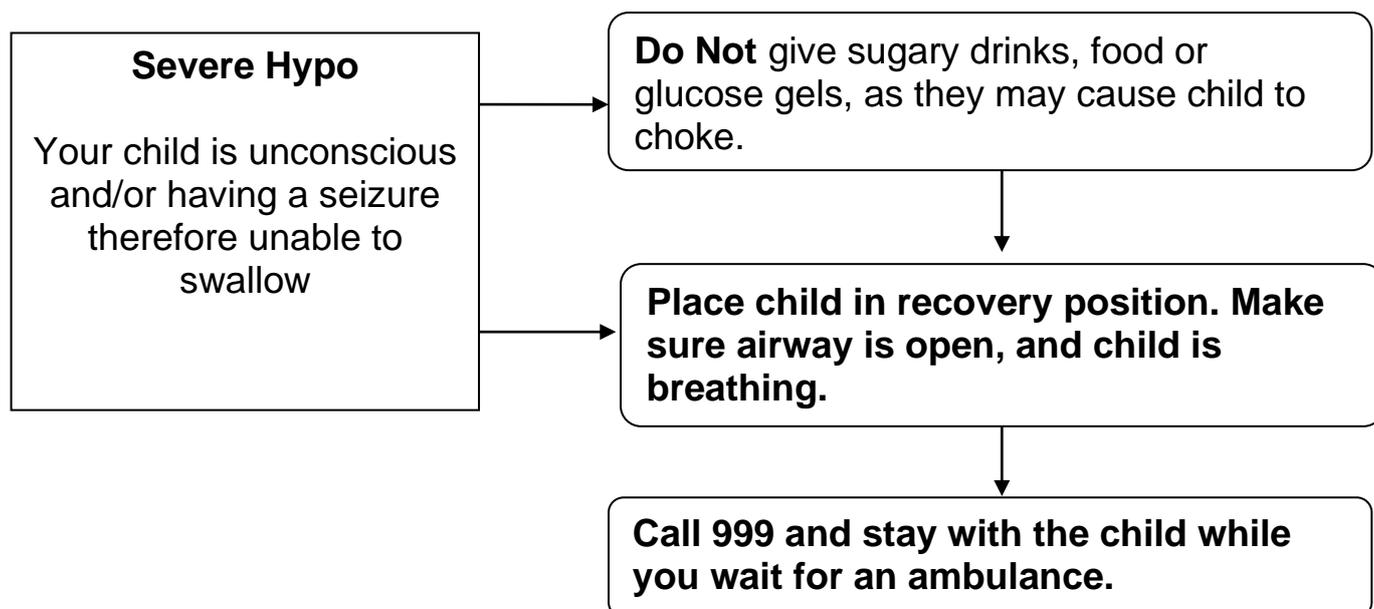
How you might look

- Pale
- Sweaty
- Confused

What to do?



Patient Information



The paramedics may administer an injection of Glucagon. If you feel confident, you can administer this injection yourself, using the instructions on the box. If you want to see how Glucagon is given, you can watch a video at www.digibete.org.

Precautions and things to keep in mind

- Always carry glucose tablets or other fast-acting hypo treatment, plus a starchy carbohydrate snack just in case.
- Wear or carry a diabetes identification bracelet, necklace or card – available from Diabetes UK and other suppliers.
- A certain (small) number of mild hypos are unavoidable and can be a normal side-effect of being on insulin therapy.
- Nevertheless, it is useful to try to identify patterns and 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 any other questions or would like some more information, please contact 024 7696 6161.

Patient Information

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.

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Document History

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