

Low Blood Sugar (Hypoglycemia)

A low blood sugar is less than 70 mg/dL

Signs and symptoms:

- | | |
|-----------------|-------------------------|
| *shaky | *dizzy or blurry vision |
| *sweaty | *anxious |
| *pale | *hungry |
| *weak | *confused |
| *headache | *uncoordinated |
| *fast heartbeat | *grumpy! |

The Rule of 15s

- 1. If able to eat or drink, give 15 grams of fast-acting carbohydrate (food containing sugar without fat or protein):**
 - a. 4 oz. Juice, Regular Soda OR
 - b. 3-4 Glucose tablets
2. Recheck blood sugar in 10-15 minutes, repeat if necessary until blood sugar is over 70.
3. If more than an hour before next meal or snack, give 15 grams of slow acting carbs (eg: half a peanut butter sandwich)

If child is severely hypoglycemic & you are afraid they might choke:

Give 1 small tube of CAKEMATE decorating gel (squirt in cheek). As they arouse you may then give juice or tablets and treat until blood sugar is over 80.

If child becomes unconscious or begins to seize:

- * **Give the *Glucagon Emergency Kit* injection (full syringe).**
- * Remember to mix the vial first!
- * Place child on their side in case they vomit.
- * Can be given in the muscle or fat, give it in the thigh if possible.
- * Call 911
- * Side effects of Glucagon will last up to 6 hours and include nausea, vomiting and bloating
- * Make sure to check blood sugar every hour and keep above 80
- * After child has stabilized, please call the diabetes team (see Urgent Call Handout) to discuss prevention of lows and insulin adjustment.

Remember: You cannot hurt your child by giving Glucagon