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Title of leaflet	Treatment of Hypoglycaemia Multiple daily injections		
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Legal notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may

Treatment of Hypoglycaemia

Multiple daily injections



Information for patients,
relatives and carers

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If your sensor shows hypoglycaemia but you have no symptoms, check with a finger prick before treatment

Glucose below 4mmols

Step 1

Give hypo treatment as per table and wait 15 minutes.

If your glucose reaches 4mmol before 15mins

Sit down and relax while waiting 15

Step 2

Glucose above 4mmol

Eat a **follow-on snack containing about 10g of carbohydrate** (eg, a plain biscuit) **unless you are due to eat a meal within the next 30 minutes.**

If you are eating within 30 minutes, **no additional snack is needed.** Give insulin as usual, **bolusing no more than 5–10 minutes before eating**

Glucose still below 4mmol

Check with finger prick to confirm

Return to step 1

In the event the child is unconscious do not put anything in the child's mouth.

Put child in recovery position and call for an ambulance.

Give Glucagon injection **if you are trained to do so**



Glucagon Dose— Over 25kg 1mg full dose

Under 25kg 0.5 mg half dose



Treatment		Carbs	Pre school	Infant school	Junior School	Secondary school
			3g	5g	10g	15g
Lift Chews		4g per chew	Not suitable	1 chew	2 chews	3-4 chews
Dextro energy		3g per tablet	1 tablet	1.5 tablets	3 tablets	5 tabs
Lift Juice		15g per bottle	12ml	20ml	40ml	1 bottle
Lucozade sport		6.5g per 100ml	50ml	75ml	150ml	230ml
Glucogel		10g per tube	1/3rd tube	1/2 tube	1 tube	1.5 tubes

Treatment of hypoglycaemia should bring your glucose between 4 and 7 mmol.

If your glucose is too high after treatment consider reducing dose next treatment.

If you are experiencing frequent hypoglycaemia please contact your diabetes team

Hypo treatments can be prescribed by your gp.

Try and brush your teeth after hypo treatment and see your dentist regularly to maintain good oral health.