

Hypoglycaemia: Fact Sheet

- **A 'hypo' is a blood sugar level of below 4mmol/l**
- **The most common causes of a hypo are not enough food, more exercise than normal or too much insulin**
- **Every child experiences different hypo symptoms**
- **The most common symptoms are pale, confusion, hunger, shakiness, headache, sweaty and behaviour changes**
- **Children who are having a hypo must never be left alone and must be supervised until fully recovered following treatment**
- **Treatment is with 10-15gm of fast acting carbohydrate such as a juice drink or glucose tablets**
- **Wait 10-15 minutes after treating with fast acting carbohydrate and then retest blood sugar level**
- **If remaining below 4mmol/l treat with another fast acting carbohydrate and wait another 10-15 minutes before re-checking the blood sugar level**
- **If above 4mmol/l give a longer acting snack such as a piece of fruit or crackers**
- **If your child blood sugar level remains low after 2 lots of fast acting carbohydrate treatment please call the diabetes doctor on call for advice**
- **Remember to check the blood sugar level at bedtime and give additional carbohydrate food/drink if the level is under 6mmol/L**
- **Please contact your diabetes team urgently if your child is having levels below 4mmol/L but is not experiencing any symptoms**