



Treatment of Hypoglycaemia

Flowchart



Treatment of Hypoglycaemia (blood glucose (BG) less than 4.0mmol/L)

Mild hypoglycaemia
Can self-treat

15-20g of rapid-acting carbohydrate by mouth

4-5 Jelly Babies
or
200ml concentrated orange juice
or
2 tubes of Glucogel
or
4-6 Glucose tablets

Recheck blood glucose after 10 mins

BG less than 4mmol/L

Repeat rapid-acting carbohydrate as above

BG more than 4mmol/L

Follow with 20g medium-acting carbohydrate e.g. bread, biscuit, milk or next meal

Monitor blood glucose more regularly over next 24 hours if BG continues to run below target

Can swallow
Offer oral treatment and stay with person until hypo resolved

Severe hypoglycaemia
Unable to self-treat

Cannot swallow

Dial 999, request an ambulance and place individual in recovery position

- Is GlucaGen (Glucagon) hypo kit available?
- Confident to use it?
- Is Glucagen kit in date?

(Remember Glucagen will not work if there is alcohol in the system)

YES to all

Administer Glucagen. Glucagen should work within 10-15 mins

CONSCIOUS

YES

20g rapid-acting carbohydrate and 40g medium-acting carbohydrate e.g. 200ml orange juice (concentrate) plus 2 slices of thick toast

No to any

Stay with person until paramedics arrive

Discuss treatment plan with paramedics

Monitor blood glucose 2 hourly for next 24 hours. Contact your diabetes team

