

Treating glucose levels under 4mmol/l : Children & young people with Type 1 diabetes

1

Hypoglycaemia : Glucose below 4mmol/L

2

Give hypoglycaemia treatment

Wait 15-20 minutes and recheck glucose
Go to 3a or 3b

3a

Glucose still below 4mmol/L

Repeat Step 2 until glucose above 4mmol/L.
Go to 3b

3b

Glucose above 4mmol/L

Check glucose **20-30 minutes** later to
ensure level of over 4mmol/L is maintained

Advised amount of hypoglycaemia treatment (dextrose/glucose) required (0.3g/kg)

| Fast acting glucose | Carbohydrate (g) | Toddler 3g | Pre-school 5g | Primary School (5-10yr) 10g | Secondary (10-18yr) 15g |
|---|-----------------------|----------------------|-------------------------|---------------------------------------|-----------------------------------|
| Lift® glucose chewable | 3.7g per tablet | - | - | 3 | 4 |
| Lucozade Energy ®tablets | 3g per tablet | - | - | 3 | 5 |
| Dextrose /Glucose tablet e.g. Dextro® Energy | 3.3g per tablet | - | - | 3 | 5 |
| Lucozade® Energy Orange (contains caffeine) | 8.4g per 100ml | - | - | 120ml | 180ml |
| Lift® liquid glucose shot | 15g per 60ml bottle | 12ml | 20ml | 40ml | 60ml |
| Dextrose /glucose powder | 91g carb /100g powder | 4g + water | 6g + water | 11g +water | 17g +water |
| Glucose 40% oral gel e.g. Glucogel® | 10g per tube | 1/3 of a tube | Half a tube | One tube | 1.5 tubes |

If exercise, alcohol or an excess of insulin are likely to be the cause of hypoglycaemia (hypo) a carbohydrate snack * without insulin may be needed once a hypo is treated to prevent a further hypo. **Please refer to exercise or alcohol advice .**

*The carbohydrate snack is given after glucose has risen above 4mmol/L and is the same amount as hypo treatment i.e. 3-15g for example fruit, cereal bar, yoghurt, bread, crackers. A larger 40g carbohydrate snack may be needed if alcohol has been consumed .

It is important to understand why hypos are happening, particularly if they are more than once a day, overnight, or at a regular time of day. **Please contact Diabetes Team to discuss insulin dose changes.**



If alerted to a sensor glucose level below 4mmol/L when eating a meal. No hypo treatment is usually required.

However if symptomatic or glucose below 3.5mmol/l with a downward arrow when eating, usual glucose treatment can be considered.

CONTACT DETAILS

Mon-Fri 9am—5pm: Paediatric diabetes team office 01225 825331 | Out-of-hours: Paediatric registrar on-call via the RUH Switchboard: 01225 428331 In an emergency you may need to call an ambulance 999