



A guide to...

Management of Hypoglycaemia in children and young people with diabetes

Patient information

How to contact us

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If you need this leaflet in another language, large print, Braille or audio version,
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Management of mild/ moderate hypoglycaemia in children with diabetes

Signs of a Hypo



Measure blood glucose



If less than 4mmol/L
Give CARBOHYDRATE according to weight
(See table overleaf)

WAIT 15 MINUTES

Repeat blood glucose



If glucose
more than 4mmol/L

If glucose
less than 4mmol/L

**Give a 10-15g
carbohydrate snack**
(Unless on an insulin pump
when no snack is needed)

EXAMPLES OF CARBOHYDRATE (CHO) FOR HYPO TREATMENT

	Co-operative and ABLE to tolerate oral treatment						Unco-operative but conscious and REFUSES oral treatment						
WEIGHT	Less than 10kg	10-20kg	20-30kg	30-40kg	40-50kg	More than 50kg	Less than 10kg	10-20kg	20-30kg	30-40kg	40-50kg	More than 50kg	
g CHO REQUIRED (0.3g/Kg)	3g	6g	9g	12g	15g	18g	3g	6g	9g	12g	15g	18g	
LIFT GLUCOSE TABLETS 3.7g/tablet	NOT SUITABLE	1.5	2.5	3	4	5							
LIFT GLUCOSE SHOTS 15g/ 60ml	15ml	25ml	35ml	50ml	60ml	75ml							
GLUCOGEL 10g CHO/tube	½ tube	½ tube	1 tube	1½ tube	1½ tube	2 tube	½ tube	½ tube	1 tube	1½ tube	1½ tube	2 tube	
DEXTROSE TABS 3g/tablet	NOT SUITABLE	2	3	4	5	6		Squirt tube content in the side of each cheek evenly and massage gently from outside enabling the glucose to be swallowed and absorbed DO NOT give Glucogel to an unconscious or fitting child/ young person					
FRUIT JUICE	NOT SUITABLE	60ml	90ml	120ml	150 ml	180 ml							
LUCOZADE (Energy Original 9.2g/100ml)	NOT SUITABLE	65 ml	100 ml	130ml	160 ml	200 ml							
LUCOZADE (Energy Orange 8.4g/100ml)	NOT SUITABLE	70 ml	110 ml	140ml	180 ml	210 ml							
COLA 10.6g/100ml	NOT SUITABLE	50 ml	90ml	110ml	140 ml	170 ml							
JELLY BEANS 2g/sweet	NOT SUITABLE	3	5	6	8	9							
JELLY BABIES 5g/sweet	NOT SUITABLE	1	2	3	3	4							
SKITTLES 1.1g/sweet	NOT SUITABLE	5	8	11	14	16							

The most effective hypo treatments (i.e. those with the fastest action) are highlighted PINK in the left-hand column of the table above.

If your child is unconscious or fitting, call 999. Give Glucagon IM if you feel confident to do so.
 Glucagon 500micrograms for child aged over 1 month with a body weight up to 25kg
 Glucagon 1 mg for child with a body weight of 25Kg and above