

HYPOGLYCEMIA IN THE ENDOCRINE PATIENT

Hypoglycemia (low blood sugar) can occur when the blood glucose (sugar) drops below the normal range, i.e. below 3.0 mmol/L. The onset can be sudden.

Causes: Hypoglycemia can result from late or missed meals, increased exercise without food, a missed dose of medication, or unknown causes.

How will you recognize hypoglycemia?

Every child is different in how they behave when they become hypoglycemic. Some children become pale and sweaty, and others may feel hungry, complain of a headache, or become uncoordinated. Their mood may become irritable, tearful, anxious, or confused. Severe hypoglycemia can cause seizures or loss of consciousness.

What should you do if you suspect hypoglycemia?

- 1) If possible test the blood sugar with a monitor to confirm hypoglycemia. If the blood sugar is below _____ mmol/L, proceed with the treatment described below.

- 2) If low, treat hypoglycemia as per guidelines based on the below age range:



For patients up to 12 months of age:

- Give 6 grams of sugar by mouth once. Give $\frac{1}{8}$ cup (30 mL or 1 ounce) of 20% sugar water. Prepare 20% sugar water solution by mixing 1 tablespoon (15 mL) of table sugar in $\frac{1}{4}$ cup (60 mL or 2 ounces) of sterile water and shake for 1 minute. Discard after 24 hours. **DO NOT USE HONEY!**

For patients from 1 to less than 5 years of age:

- Give 6 grams fast-acting carbohydrate by mouth once: $1\frac{1}{2}$ dextrose tablets (Dex4®) or 45 mL (1.5 ounces) of orange or apple juice.

For patients from 5 to 10 years of age:

- Give 12 grams of fast-acting carbohydrate by mouth once: 3 dextrose tablets (Dex4®) or 90 mL (3 ounces) of orange or apple juice.

For patients greater than 10 years of age:

- Give 16 grams of fast-acting carbohydrate by mouth once: 4 Dextrose tablets (Dex4®) or 120 mL (4 ounces) of orange or apple juice.

- 3) Recheck blood sugar 15 minutes after treatment, repeat treatment until blood sugar is above 4.0 mmol/L.
- 4) Follow with a snack (e.g. cheese and crackers) or meal. For 1-12 months, follow with breast milk or formula.
- 5) If you cannot get blood sugar to stay above 4.0 mmol/L, page the endocrinologist on call at 604-875-2161.
- 6) Fax/email in the blood sugars _____.
 Blood sugar check times:
 Other check times: when sick, when prolonged time between feeds/eating, increase activity without food.

Low Blood Sugar: Hypoglycemia



Any blood sugar less than 4 is too low. It must be treated right away.

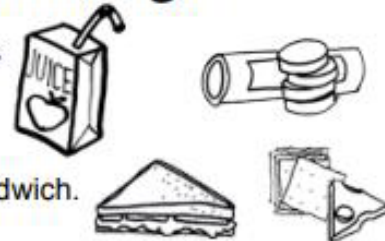
Hypoglycemia is another word for blood sugar that is too low.

Always take supplies with you to treat low blood sugar.

- ▶ Fast acting sugar such as fruit juice or glucose tablets

and

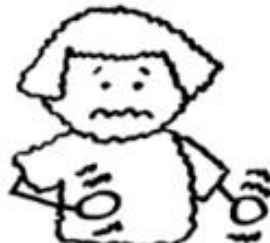
- ▶ Extra food such as cheese and crackers or half a sandwich.



What are the signs of low blood sugar?



- ▶ Sweaty
- ▶ Pale



- ▶ Shaky



- ▶ Hungry



- ▶ Mood changes
- ▶ Acting strange



- ▶ Dizzy
- ▶ Weak



- ▶ Trouble focusing or thinking
- ▶ Feeling or acting confused



- ▶ Feeling sleepy or tired.

Some children get other signs too such as tingling in their lips or nausea.