

# patient education program

8200 Dodge Street Omaha, NE 68114-4113 402-955-5400 ChildrensOmaha.org

## Daytime - Low Blood Sugars -Hypoglycemia

**Hypoglycemia** means low blood sugar. We treat low blood sugars under 70 for children over 5 years of age. We treat under 80 for children less than 5 years of age. We treat under 80 in younger children because they are not able to tell someone how they feel. We may use different targets for infants, toddlers, or children of any age who can't speak.

### Causes:

Too little food  
Too much insulin  
Too much exercise

### Early symptoms:

Shaky  
Sweaty  
Hungry  
Mood change  
Pale  
Weak  
Fast heartbeat  
Headache

### Later symptoms:

Blurry vision  
Dizzy  
Confused  
Poor coordination  
Stubborn behavior  
Sleepy

If blood sugar levels stay low and continue to drop, the body will start to show worsening symptoms. This can lead to seizures and/or unconsciousness if not treated immediately.

**If seizures or unconsciousness occur, or if your child cannot safely swallow, DO NOT GIVE ANYTHING BY MOUTH. YOU NEED TO GIVE GLUCAGON.**

### Treatment of low blood sugar symptoms:

1. Check a blood sugar **immediately**.
2. If the meter is not available, treat the symptoms as a low blood sugar.
3. Give a fast-acting carbohydrate to treat the low blood sugar. (see ideas on following pages)  
If blood sugar is below 50, the treatment will DOUBLE (for any age).
4. Retest blood sugar in 15 minutes.
5. Continue to treat every 15 minutes until blood sugar reaches desired range.
6. Once blood sugar reaches desired range, give a long-acting carbohydrate if the next meal or snack is more than an hour away. See below age specific guidelines for carbohydrate amount.

## Low Blood Sugar Treatment

**For patients younger than 5 years of age the desired daytime blood sugar range is 80-180:**

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**Blood Sugar**

**51-80**

**Treatment**

1. Give 7.5 grams of fast acting, easy to swallow carbohydrate.
2. Retest blood sugar in 15 minutes to make sure it is over 80. If it is above 80 move to step 4, if not above 80 move to step 3.
3. If blood sugar is not above 80, **repeat** treatment with 7.5 grams of fast acting carbohydrate **every 15 minutes and retest blood sugar until it is over 80.**
4. Then give an additional 7.5 grams of long acting carbohydrate if the next meal or snack is more than an hour away.

**Blood Sugar**

**50 or less**

**Treatment**

1. Give 15 grams of fast acting, easy to swallow carbohydrate.
2. Retest blood sugar in 15 minutes to make sure it is over 80. If it is above 80 move to step 4, if not above 80 move to step 3.
3. If blood sugar is still less than 50, **repeat** treatment with 15 grams of fast acting carbohydrate and if blood sugar is 51-80 follow directions as above for blood sugars 51-80. Repeat a fast acting carbohydrate treatment **every 15 minutes and retest blood sugar until it is over 80.**
4. Then give an additional 7.5 grams of long acting carbohydrate if the next meal or snack is more than an hour away.

**For patients 5 years of age and older the desired daytime blood sugar range is 70-150:**

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**Blood Sugar**

**51-70**

**Treatment**

1. Give 15 grams of fast acting, easy to swallow carbohydrate.
2. Retest blood sugar in 15 minutes to make sure it is over 70. If it is above 70 move to step 4, if not above 70 move to step 3.
3. If blood sugar is not above 70, **repeat** treatment with 15 grams of fast acting carbohydrate **every 15 minutes and retest blood sugar until it is over 70.**
4. Then give an additional 15 grams of long acting carbohydrate if the next meal or snack is more than an hour away.

**Blood Sugar**

**50 or less**

**Treatment**

1. Give 30 grams of fast acting, easy to swallow carbohydrate.
2. Retest blood sugar in 15 minutes to make sure it is over 70. If it is above 70 move to step 4, if not above 70 move to step 3.
3. If blood sugar is still less than 50, **repeat** treatment with 30 grams of fast acting carbohydrate and if blood sugar is 51-70 follow directions as above for blood sugars 51-70. Repeat a fast acting carbohydrate treatment **every 15 minutes and retest blood sugar until it is over 70.**
4. Then give an additional 15 grams of long acting carbohydrate if the next meal or snack is more than an hour away.

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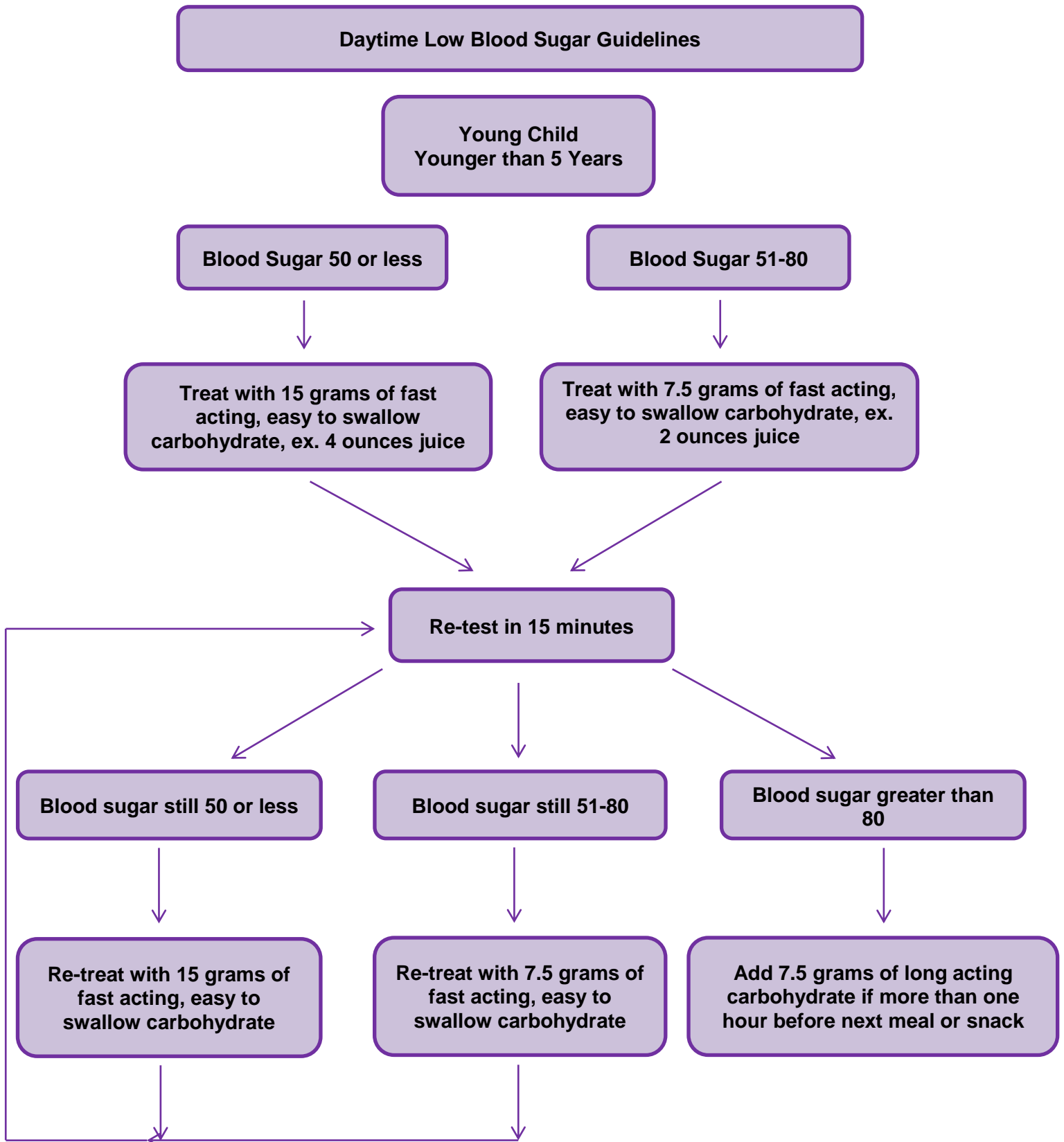
<b>7.5 Grams Fast Acting Carbohydrate Ideas</b>	<b>15 Grams Fast Acting Carbohydrate Ideas</b>
<ul style="list-style-type: none"> <li>¼ cup (2 ounces) juice</li> <li>¼ cup of regular soda pop</li> <li>½ tablespoon sugar</li> <li>½ tablespoon syrup</li> <li>½ tube glucose gel</li> <li>½ tablespoon regular jelly</li> </ul>	<ul style="list-style-type: none"> <li>½ cup (4 ounces) juice</li> <li>½ cup of regular soda pop</li> <li>1 tablespoon sugar</li> <li>1 tablespoon syrup</li> <li>3-4 glucose tabs</li> <li>1 tablespoon honey</li> </ul>

<b>7.5 Grams Long Acting Carbohydrate Ideas</b>	<b>15 Grams Long Acting Carbohydrate Ideas</b>
<ul style="list-style-type: none"> <li>½ slice of bread</li> <li>2 graham cracker squares</li> <li>3 saltine crackers</li> <li>21 gold fish crackers</li> <li>¼ cup chocolate milk</li> <li>½ cup milk</li> <li>4 ounces of formula/breastmilk</li> </ul>	<ul style="list-style-type: none"> <li>1 slice of bread</li> <li>3 graham cracker squares</li> <li>6 saltine crackers</li> <li>½ cup chocolate milk</li> <li>1 cup milk</li> </ul>

**Remember:**  
 ¼ cup = 2 ounces  
 ½ cup = 4 ounces

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## Daytime Low Blood Sugar Guidelines

School Age  
5 Years and Older

Blood Sugar 50 or less

Blood Sugar 51-70

Treat with 30 grams of fast acting, easy to swallow carbohydrate, ex. 8 ounces

Treat with 15 grams of fast acting, easy to swallow carbohydrate, ex. 4 ounces juice

Re-test in 15 minutes

Blood sugar still 50 or less

Blood sugar still 51-70

Blood sugar greater than 70

Re-treat with 30 grams of fast acting, easy to swallow carbohydrate

Re-treat with 15 grams of fast acting, easy to swallow carbohydrate

Add 15 grams of long acting carbohydrate if more than one hour before next meal or snack

