***Family Information Sheet Treatment of Low Blood Sugar (BS)***

***Always check blood sugar level!***

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| Low Blood Sugar**Category** | **MILD** | **MODERATE** | **SEVERE** |
| **Alertness** | Alert | *NOT Alert*Unable to drink safely (choking risk) Needs help from another person | ***Unresponsive*** Loss of consciousness Seizure **Needs constant adult help*****Give nothing by mouth*** *(extreme choking risk)* |
| **Symptoms** | * Mood changes
* Shaky, sweaty
* Hungry
* Fatigue, weak
* Pale
 | * Lack of focus
* Confused
* Disoriented
* ‘Out of control’ (bite, kick)
* ***Can’t*** self-treat
 | * Loss of consciousness
* Seizure
 |
| **Actions to take** | * Check B.S.
* Give 2-8 oz. sugary fluid (amount age dependent)
* Recheck B.S. in 10-15 min.
* B.S. <70, repeat sugary fluid and recheck in 10-20 min.
* B.S. >80, (give a solid snack)
 | * Check B.S.
* If on insulin pump, may disconnect or suspend until fully recovered from low blood sugar (**awake and alert**)
* Give Insta-Glucose® or Cake Decorating Gel - put between gums and teeth and rub in.
* Look for person to ‘wake up’
* Recheck B.S. in 10-20 min.
* ***Once alert*** – follow “actions” under

 ‘Mild’ column | * ***Place in position of safety***
* Check B.S.
* If on insulin pump, disconnect or suspend until fully recovered from low blood sugar (**awake and alert**)
* Glucagon: *can be given with an insulin syringe* like insulin

Below 5 years : **30 units** 5-16 years: **50 units** Over 16 years: **100 units** **(All of dose)*** **Check B.S. every 10-15 min. until >80**
* **Check B.S. every hour** **x 4-5 hours**
* If no response, may need to call 911
* High risk for more lows x 24 hours

 *(need to ↑ food intake & ↓ insulin doses)* |
| **Recovery time** | 10-20 minutes | 20-45 minutes | → Call RN / MD and report the episode ←Effects can last 2-12 hours |