***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 |