

Hypoglycemia or Low Blood Sugar

Low blood sugar: blood sugar less than 70mg/dl.

The body does not have enough sugar to use as energy. Sugar is the main source of fuel for the brain.

Possible causes of low blood sugar are:

- Not eating enough food after taking insulin (sickness)
- Giving too much insulin
- Too much exercise without a snack

Treatment of Hypoglycemia:

Rule of 15:

- Give 15 grams of carbs, wait 15 minutes, recheck blood sugar.
- Repeat fast acting carbs if blood glucose is still less than 70mg/dl.
- Recheck blood sugar in 15 minutes. If next meal is longer than 30 minutes away, give a 15-30 gram complex carb snack with protein.

Examples of Fast Acting Carbs:

- 3 or 4 glucose tabs (depending on brand)
- 1 small tube of cake icing
- 1-3 Quick Stix tubes of glucose gel
- 1/2 cup of orange juice or cup of regular soda (NOT sugar free or diet)
- 6-7 Lifesavers (older kids)
- 3-4 Jolly Ranchers (older kids)

Examples of Complex Carbs:

- 1 cup of milk
- 4-6 crackers with cheese cubes
- 1/2 of a cheese sandwich
- 3 or 4 peanut butter or cheese crackers
- 1/2 of a ham sandwich
- 4 graham crackers with peanut butter

Before Going to Bed:

Check blood sugar. If less than 100, give an extra 10 grams of complex carbs. Recheck blood sugar 15 minutes after eating snack. Repeat snack if blood sugar is less than 100. Recheck blood sugar around 2am.