

## GUIDELINES FOR HYPOGLYCEMIA (Low Blood Sugar)

### Mild hypoglycemia (blood sugar below 70)

<b>Symptoms:</b>	Pallor	Headache	Weakness	Crying
	Shakiness	Sweating	Drowsiness	Dizziness
	Hunger	Irritability	Behavior Changes	

**Evaluation/Treatment:**

- Check blood sugar. If equipment is not available and child is symptomatic, treat as if hypoglycemic and check glucose levels as soon as possible.
- Administer 15 grams carbohydrate.
  - Examples:    ½ cup fruit juice
  - ½ can regular soda
  - 4 glucose tablets
  - ½ cup milk
  - 7 Life Savers
  - 1 tablespoon honey/syrup
- Check blood sugar level as soon as possible.
- Recheck blood sugar in 15 minutes.

May follow up with snack of carbohydrate and protein after initial treatment, i.e. three crackers with cheese or peanut butter, half sandwich with meat, cheese or peanut butter.

### Moderate Hypoglycemia (slowed brain activity due to inadequate blood glucose)

<b>Symptoms:</b>	Confusion	Slurred Speech	Poor Coordination
	Restlessness	Erratic Behavior	Combativeness

**Evaluation/Treatment:**

- Evaluate for ability to speak and/or swallow before treating orally to reduce risk of aspiration.
- Administer ½ to 1 tube of glucose gel or cake decorator icing between cheek and gum. Massage cheek to speed absorption.

### Severe Hypoglycemia (decreased brain activity due to inadequate blood glucose)

<b>Symptoms:</b>	Inability to Swallow	Unconsciousness	Seizure Activity
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**Evaluation/Treatment:**

- Administer glucagon SQ or IM if available. Position patient on side to prevent aspiration if glucagon induces vomiting.
- Call EMS and notify parents immediately.
- Give sugar-containing liquids as soon as student is able to safely swallow.
- Monitor blood glucose frequently until stable or EMS arrives.