

How to treat a hypo

eden

Note: Do not omit insulin if due & review medication, to prevent recurrence



If blood glucose
<4.0mmol/l
TREAT

Conscious and able to swallow

Give 15-20g quick acting carbohydrate.



150-200ml natural juice



x5 jelly babies



x1.5-2 glucose gel tubes in between the teeth and gums



x5-7 glucose tablets

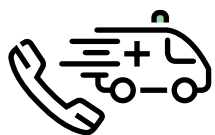
Note: Lucozade and Ribena are no longer recommended



Wait 15 minutes
Then recheck



<4.0mmol/l



Repeat treatment
If treatment repeated
3 times ring 999

>4.0mmol/l

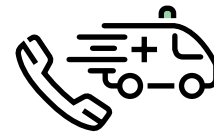


Give long acting carbohydrate.

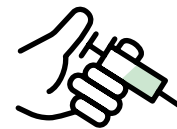


Or a meal consisting of carbohydrate

Unconscious or unable to swallow



Ring 999



Give 1g glucagon injection



Glucose gel not be given

If fully conscious and able to swallow.

Adapted from: JBDS (2018), The Hospital Management of Hypoglycaemia in Adults with Diabetes. 3rd edition.

For further information on hypoglycaemia eLearning and other materials contact:

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