

Family Information Sheet Treatment of Low Blood Sugar (BS)

Always check blood sugar level!

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	<ul style="list-style-type: none"> ✓ 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) 	<ul style="list-style-type: none"> ✓ 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 	<ul style="list-style-type: none"> ✓ 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: <i>can be given with an insulin syringe</i> 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