

# Indian Society for Pediatric and Adolescent Endocrinology HYPOGLYCEMIA (LOW BLOOD GLUCOSE) TREATMENT GUIDE FOR SCHOOLS



### 1. RECOGNIZE

Child may have one or more of the following symptoms



### 2. CONFIRM

Check blood glucose with a glucometer. Hypoglycemia is blood glucose less than 70 mg/dl

If glucometer is not available, TREAT ANYWAY



### 3. TREAT IN PLACE DO NOT LEAVE THE CHILD ALONE

GIVE FAST-ACTING SUGAR

Let the child sit down and give ONE serving of any of the fast-acting sugar. Examples in Table1 (on the back of this card)

4. RECHECK BLOOD GLUCOSE IN 15 MINUTES

If it is more than 70 mg/dl, proceed to step 5.

If less than 70 mg/dl, REPEAT steps 3 & 4





#### 5. GIVE A SNACK

If blood glucose is more than 70 mg/dl and the next meals is not yet due, give a slowacting carb snack. Examples in <u>Table 2. (on the back of this card)</u>

### SEEK URGENT MEDICAL ATTENTION IF:

- Vomiting
- Stomach pain
- Blood glucose remains low even after 2 hypo treatments
- Symptoms worsen
- Child becoming more and more drowsy

## IF CHILD IS DROWSY, UNCONSCIOUS, OR HAVING FITS.

## **DO NOT FEED FORCEFULLY**

PUT IN RECOVERY POSITION





- Call & inform Parents
- INFORM THE DOCTOR ABOUT CHILD'S DIABETES



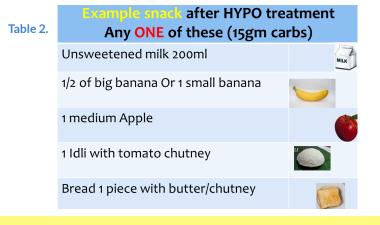


Examples of fast-acting sugars and post hypoglycemia treatment snacks

# THESE ONLY ANY ONE OF THESE

### Table 1.

 Fast acting sugar		< 5 yr (5g)	5-10 yr (10g)	>10 yr (15g)
Table sugar or Glucose powder		1 teaspoon	1.5 teaspoon	1 tablespoon 2 teaspoons
Glucose bolts (2g/piece)	10 mains (Points	3 tablets	5 tablets	6-7 tablets
dextrose tablets	Destrose Chevelok Toblets 43 Hypotati	1-2 tablet	2-3 tablets	4 tablets
Juice	All the second s	30 ml	70 ml	100 ml



### CHILD'S EMERGENCY DETAILS (Please fill out the details)

NAME:	_CLASS	_SECTION
PARENT'S CONTACT NUMBERS:		
NEAREST HOSPITAL EMERGENCY NUMBER:		
MY CHILD'S LOW GLUCOSE SYMPTOMS:		

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