Management of Hypoglycaemia

If blood glucose is less than 4 mmol/L

Patient is conscious, orientated and able to swallow

Patient is conscious and able to swallow but confused or unable to cooperate Patient is unconscious or having seizures or very aggressive

If the patient has an insulin infusion running, stop it immediately

Give 15-20g quick acting carbohydrate, for example:

- 1 bottle (60ml) Glucojuice
- 4-5 Glucotabs
- 150-200ml sugary drink

Give 1.5 - 2 tubes 40% glucose gel (Glucogel) squeezed into the mouth between the teeth and gums If Glucogel is ineffective, give glucagon 1mg IM Perform ABCDE assessment Request immediate medical assistance

If IV access is available, give 75-100ml of 20% glucose over 15 minutes

If IV access is unavailable, give glucagon 1mg IM

Repeat capillary blood glucose levels after 10-15 minutes If blood glucose is still less than 4 mmol/L, repeat the step above Give no more than 3 treatments in total

Only give IM glucagon once

If blood glucose remains less than 4 mmol/L after 30-45 minutes or 3 treatments, contact a doctor

Consider giving:

- 1mg of glucagon IM
- 150-200ml of 10% glucose over 15 minutes

Consider giving:

• 100-200ml of 10% glucose over 15 minutes

Once blood glucose is above 4 and the patient has recovered, give a long acting carbohydrate Examples include 2 biscuits, 1 slice of toast, 200-300ml of milk or a meal with carbohydrates if due If glucagon was given, the patient will require a larger (double) portion of long acting carbohydrates

Look for the cause and review the insulin regimen. Document the event in the patient's notes

Continue regular blood glucose monitoring for 24-48 hours

Do not omit insulin in Type 1 diabetes

This flowchart is intended to guide clinical staff
It is not a substitute for clinical judgement or seeking advice from the inpatient diabetes team

Diabetes Team Contact Details

Diabetes Registrars

On call at RIE (07870 158298), WGH (07976 977402) and SJH (via switchboard) Monday to Friday 09:00-20:00, weekends and public holidays 09:00-17:00

Diabetes Specialist Nurses (Monday to Friday)

RIE Ext. 21044 Phone 0131 242 1471 Hours 09:00-17:00 WGH Bleep 8687 Phone 0131 537 1746 Hours 09:00-17:00 SJH Bleep 3008 Phone 01506 523 856 Hours 09:00-15:00

Further information can be found at http://www.edinburghdiabetes.com

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