Hypoglycemia (Low Blood glucose)

**Common Causes:**
- Too little carbohydrate
- Too much insulin
- Extra activity or exercise

**If your blood glucose is low, you may feel:**
- Shaky
- Fast heartbeat
- Sweaty
- Dizzy or shaky
- Anxious
- Hungry
- Burry vision
- Weak or tired
- Headache
- Nervous or upset

**Treating Low Blood Glucose**

1. You should treat blood glucose 70 mg/dL or less. Here’s how:
2. Tell someone you feel low and check blood glucose.
3. If blood glucose is 70 mg/dL or less, treat by eating or drinking fast-acting carbohydrate. (Refer to table in “Pediatric Diabetes Low Blood Glucose Treatment” handout for correct amount of fast-acting carbohydrate based on age).
4. **If blood glucose is 50 mg/dL or less, take DOUBLE the amount of fast acting carbohydrate.**
5. Wait 15 minutes then re-check blood glucose. Repeat step 2 if blood glucose is 70 mg/dL or less.

Never give food to a person who is unconscious/unresponsive (will not wake up / does not respond) from hypoglycemia. **If the person is unconscious/ unresponsive, give Baqsimi or Glucagon and call 9-1-1.**
Pediatric Diabetes Low Blood Glucose Treatment

Fast-acting carbohydrates for low blood glucose (less than 70mg/dL) based on age:

<table>
<thead>
<tr>
<th>Age</th>
<th>Carbohydrates (grams)</th>
<th>Juice (ounces)</th>
<th>Sugar* (number of teaspoons, cubes or packets)</th>
<th>Glucose tabs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Younger than 16 months</td>
<td>4</td>
<td>1</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>16 months to 6 years</td>
<td>8</td>
<td>2</td>
<td>2</td>
<td>2**</td>
</tr>
<tr>
<td>7 to 10 years</td>
<td>12</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>11 years &amp; older</td>
<td>16</td>
<td>4</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

* Sugar can easily be dissolved in water

**Only give glucose tablets to children older than 4 years old who can safely chew and swallow tablets

These guidelines are recommendations for the treatment of hypoglycemia. Please consult with your endocrinologist as needed.

For blood glucose 50mg/dL or less, **DOUBLE** the amount of recommended treatment

The above examples are provided for informational purposes only; the exact brands pictured are not favored over similar products available in stores.