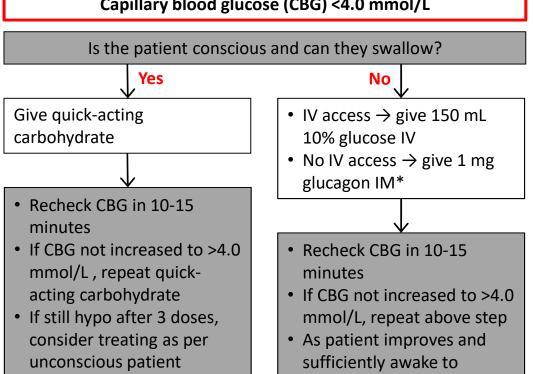
Hypogylcaemia Management in Adults



<u>Definition:</u> Capillary blood glucose (CBG) <4.0 mmol/L



Quick-acting carbohydrate:

- 5 teaspoons glucose power in water **OR**
- 2 cuplets apple juice **OR**
- Glucose tablets (give number of tablets equivalent to 20 g carbohydrate)

Long-acting carbohydrate:

- Slice of bread
- 1 glass milk + 1 biscuit
- · Main meal if due

*Glucagon will be ineffective in starved patients or those with liver disease. IV glucose is the treatment in these cases.

Following a hypoglycaemic episode:

• If symptoms improve and

CBG has increased, give

long-acting carbohydrate

• Once fully orientated and CBG is staying >5.0 mmol/L, return to previous regularity of BM monitoring

carbohydrate

- Be aware that the patient may be susceptible to further episodes of hypoglycaemia
- If the episode is treated successfully give the next dose insulin / diabetes medication as normal
- If recurrent episodes of hypoglycaemia, refer to diabetes team or diabetes CNS
- Any patient with diabetic foot ulcer (admitted or discharged from ED) should have podiatry referral (form on Bamboo)

swallow, give long-acting

IMPLEMENTED OCT 2021 VERSION 6.0 REVIEW DUF OCT 2023