

UNDERSTANDING LOW BLOOD SUGAR (HYPOGLYCEMIA)



SIGNS AND SYMPTOMS	WHAT TO DO	INSULIN DOSAGE ADJUSTMENT
<ul style="list-style-type: none"> • Shaky • Sweaty • Pale • Weak • Headache • Fast heartbeat • Dizzy or blurry vision • Anxious • Hungry • Confused • Uncoordinated • Grumpy 	<p>If your child is able to eat or drink, give one of the following:</p> <ul style="list-style-type: none"> » 4 oz. Juice (or) » 4 oz. Regular soda (or) » 3-4 glucose tablets <ul style="list-style-type: none"> • Recheck your child's blood sugar every 10 to 15 minutes. Repeat if necessary until the blood sugar is over 80. • If the next meal or snack is not until over an hour, have your child eat a 15 gram snack (e.g., half a peanut butter sandwich). 	<p>If your child is having several low blood sugars, especially at the same time of day, please call the diabetes educator for an insulin dosage adjustment: 510-428-3885, ext. 5320.</p> <p>We will return your call within 24 hours, Monday to Friday.</p>

IF YOUR CHILD PASSES OUT OR CANNOT EAT OR DRINK	WHEN TO CALL 911
<p>Give Glucagon Emergency Kit injection:</p> <p>_____Half _____All</p> <ul style="list-style-type: none"> • Remember to mix the vial first! • The injection can be given in the muscle or fat. If possible, inject it in the thigh. • Place your child on his side in case he vomits. • Side effects of Glucagon include nausea, vomiting, and bloating, and will last up to 6 hours. • Make sure to check your child's blood sugar every hour, and keep it above 80. • Call 510-428-3000 and ask to speak with the on-call diabetes doctor. 	<p>You may call 911 if you are nervous and need back up.</p>



ENDOCRINOLOGY/DIABETES CENTER

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