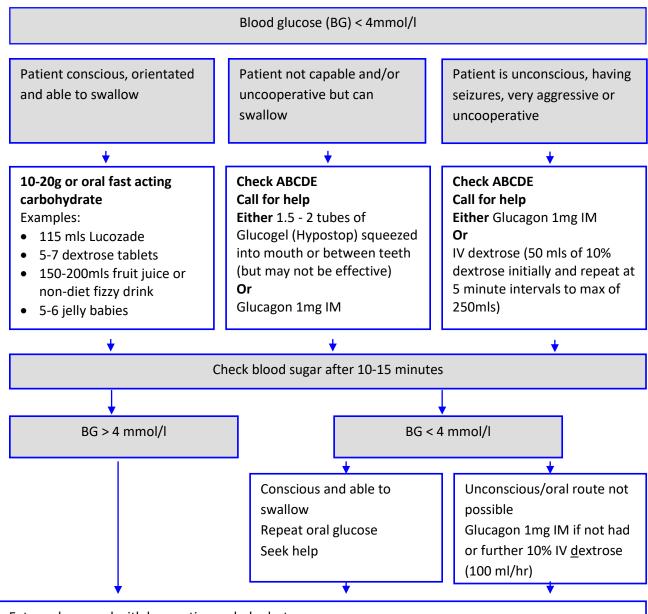
Management of Hypoglycaemia



- Eat snack or meal with long acting carbohydrate
- 10-20g carbohydrate (2 x digestive biscuits, yoghurt, slice of toast, cereal or give normal meal with carbohydrates if due
- Determine cause
- Hypoglycaemia education
- Refer to DSN for assessment and review of glycaemic control (if deemed necessary)
- Ensure regular blood glucose monitoring for 24-48 hours
- Measures to avoid future episodes

Notes:

- 1. If a severe hypoglycaemic episode occurs when insulin/tablets doses are due the tablet should be omitted, treat the hypoglycaemic episode, give the patient a meal and then give insulin/tablet. Seek help urgently if hypoglycaemia is not responding to treatment.
- 2. Hypoglycaemia can be prolonged with large doses of insulin or with sulfonylurea therapy. Therefore, need for regular blood glucose monitoring after a hypoglycaemia episode has occurred.
- 3. Glucagon may be less effective in sulfonylurea therapy and with repeated doses. Glucagon should not be used in a person with liver disease.