



DIABETES ENDOCRINE NUTRITION MANAGEMENT AND RESEARCH CENTRE

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HYPOGLYCEMIA

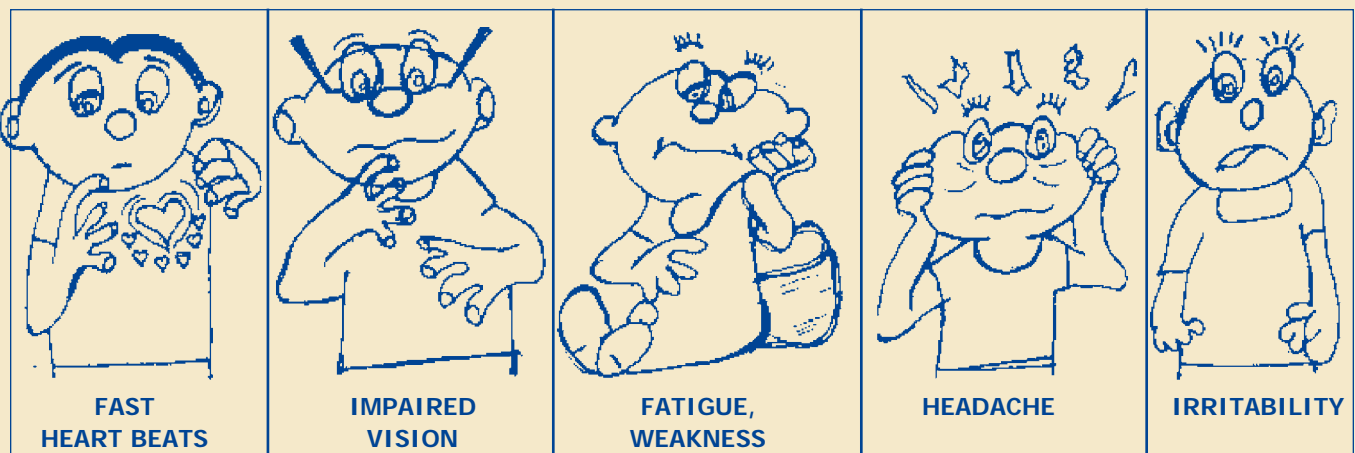
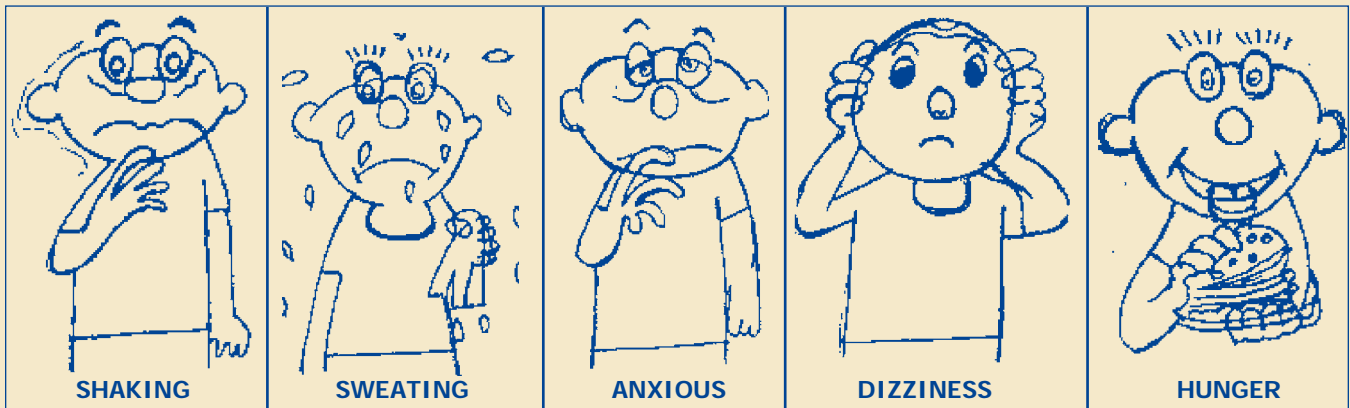
What Is Hypoglycemia ?

- Low levels of blood sugar
- Symptoms commonly occur with plasma glucose < 60 mg /dl

Causes of Hypoglycemia

- Excessive medication/insulin
- Low food intake, diarrhea and / or vomiting
- Severe physical exercise
- Liver or kidney disease
- Drug interactions eg. diabetes medications with alcohol or some antibiotics

Symptoms of Hypoglycemia



Progression of Hypoglycemia

(if untreated)

- Abnormal Behavior
- Drowsiness
- Semi-consciousness or Unconsciousness
- Convulsions

Treatment of Hypoglycemia

- Check your blood sugar levels when in doubt
- If the blood sugar level drops below 60 mg/dl, hypoglycemia is confirmed.



- If unable to check, and in doubt, treat and observe response
- Carry your diabetes ID card with you always
- Carry a toffee or hard candy (this is easiest to carry) and use it as initial treatment of hypoglycemia.

Treatment of Hypoglycemia Rule of 15

If the value drops below 60 mg/dl the following steps should be undertaken:

- (1) Eat 15 gms of carbohydrate
- (2) Wait for 15 minutes
- (3) If symptoms persist or blood sugar is still below 60 mg/dl, treat with another 15 g carbohydrate

15 gm of carbohydrate is contained in:

- 3 or 4 Glucose tablets
- ½ cup of any fruit
- 1 tbsp of sugar or honey
- ½ cup of a regular soft drink
- 5 or 6 pieces of hard candy

Glucagon:

- In severe hypoglycemia, if the person is unconscious, swallowing and drinking any food orally would be difficult
- During this time glucose can be given intravenously
- If no medical person is available to inject glucose, an injection of glucagon (1 mg vial with diluent) can be injected under the skin by a family member or a friend using an insulin syringe and needle
- The patient will recover in about 15 minutes. They will feel nauseated and should be given something, that they can tolerate, to eat
- It is always preferable to use glucose orally or intravenously than use glucagon, as the latter may produce a response only after a delay of 10-20 minutes