

Algorithm for the Treatment of Hypoglycaemia in Adults with Diabetes

Hypoglycaemia is defined as blood glucose (BG) of less than 4.0mmol/L

Mild

Patient conscious, cooperative and able to swallow.

Give 15-20g of quick acting carbohydrate, e.g. 60ml Glucojuice.

Test BG after 10 min. If still less than 4.0mmol/L, repeat up to 3 times.

Moderate

Patient conscious but confused/disorientated or aggressive but able to swallow.

If uncooperative but able to swallow give 1.5-2 tubes of Dextroglucel®.

Test BG after 10 min. If able to swallow and still less than 4.0mmol/L, repeat above up to 3 times.

Severe

Patient unconscious/fitting or very aggressive or nil by mouth (NBM)

Check ABC, stop any IV insulin, fast bleed a doctor.

a) If IV access available, give 150ml of 10% Glucose over 10 min. Test BG after 10 min. If still less than 4.0mmol/L, repeat up to 3 times

or

b) If IV access not available, give 1mg Glucagon IM if suitable (i.e. no repeated hypos, pt not starved/NBM or severe liver disease). Get IV access. If BG still less than 4.0mmol/L after 10 min, follow a) above.

If this has been repeated 3 times and BG still less than 4.0mmol/L, call doctor and consider IV 10% Glucose 150ml over 10-15 min.

Once BG is above 4.0mmol/L, give 20g of long acting carbohydrate eg: 2 large biscuits or a slice of bread, half a sandwich or next meal if due.

If Glucagon has been used, give 40g of long acting carbohydrate.

If patient self-managing own continuous subcutaneous insulin pump, may not need long-acting carbohydrate but patient needs to assess if any self-adjustments to pump required.

DO NOT omit subsequent doses of insulin, but ask doctor to review dose. Continue regular BG monitoring for 24 to 48 hours and give hypo education or refer to DSN (bleep 174) for advice.

If patient is on enteral feed (NG/NJ/PEG/PEJ) and BG less than 4.0mmol/L, give 60ml Glucojuice via the tube. Flush with 25ml H₂O before and 50ml after. Test BG after 10 min. If still less than 4.0mmol/L, repeat up to 3 times. Note: if hypoglycaemia during feed call doctor to reassess.

Follow with bolus feed of 85mls of either Fortisip Compact or Fortisip Compact Protein, flush with 25ml H₂O before and 50ml H₂O after. Restart usual feed when due. Refer to diabetes team and dietitian to review insulin and feed regimen.

CONTENTS OF HYPO BOX:

- Glucojuice 60mls x 2 bottles
- ▲ Dextroglucel® 3 x tubes (each tube contains 10g CHO)
- ▲ 10% Glucose 500ml Bag x 1 bag
- ▲ Glucagon 1mg injection is in the fridge

Restock Hypo Box contents immediately after each use

Order from ▲ Pharmacy or ■ INSIGHT System