

	Shock, coma	
Blood:		
Glucose	Low: <60 mg/dl	High: ≥250 mg/dl
Ketones	Negative	High, large
Osmolarity	Normal	High
pH	Normal	Low (≤7.25)
Hematocrit	Normal	High
Bicarbonate	Normal	<20 mEq/L
Urine:		
Output	Normal	Polyuria (early) to oliguria (late)
Glucose	Negative	Enuresis, nocturia
Ketones	Negative or trace	High
Visual	Diplopia	Blurred vision

Children are usually able to detect the onset of hypoglycemia, but some are too young to implement treatment. Parents should become adept at recognizing the onset of symptoms—for example, a change in a child's behavior, such as tearfulness or euphoria. In the majority of cases, 10 to 15 g of simple carbohydrate, such as 1 Tbsp of table sugar, will elevate the blood glucose level and alleviate the symptoms. The simpler the carbohydrate, the more rapidly it will be absorbed (8 oz of milk equals 15 g of carbohydrate). The rapidly releasing sugar is followed by a complex carbohydrate (such as a slice of bread or a cracker) and by a protein (such as peanut butter or milk).

For a mild reaction, milk or fruit juice is a good food to use in children. Milk supplies them with lactose or milk sugar, as well as a more prolonged action from the protein and fat (aids in decreased absorption). Other glucose sources include Insta-Glucose (cherry-flavored glucose), carbonated drinks (not sugarless), sherbet, gelatin, or cake icing. All children with diabetes should carry with them glucose tabs, Insta-Glucose, sugar cubes, or sugar-containing candy, such as LifeSavers or Charms. A difficulty with candies or icing is that the child may learn to fake a reaction to get the sweets; therefore, commercial treatment products such as Insta-Glucose or glucose tabs may be preferred.

**Glucagon** is sometimes prescribed for home treatment of hypoglycemia. It is available as an emergency kit that must be mixed at the time of use and is administered intramuscularly or subcutaneously. Glucagon functions by releasing stored glycogen from the liver and requires about 15 to 20 minutes to elevate the blood glucose level.