

Hypoglycemia

Mild Reaction: Adrenergic Symptoms

Give child 10 to 15 g of a simple, high-carbohydrate substance (preferably liquid; e.g., 3 to 6 oz of orange juice).

Follow with starch-protein snack.

Moderate Reaction: Neuroglycopenic Symptoms

Give child 10 to 15 g of a simple carbohydrate as above.

Repeat in 10 to 15 minutes if symptoms persist.

Follow with larger snack.

Watch child closely.

Severe Reaction: Unresponsive, Unconscious, or Seizures

Administer glucagon as prescribed.

Follow with planned meal or snack when child is able to eat or add a snack of 10% of daily calories.

Nocturnal Reaction

Give child 10 to 15 g of a simple carbohydrate.

Follow with snack of 10% of daily calories.

It is advisable for parents to plan for anticipated excitement or exercise. In addition, gastroenteritis may decrease insulin needs slightly as a result of poor appetite, vomiting, or diarrhea. If the blood glucose level is low but urinary ketones are present, the family should be aware of the increased need for simple carbohydrates and liquids.

Hygiene