

Recognition and Treatment of Hypoglycaemia in the Emergency Department

This guidance is for use in the Emergency Department Only

| Signs and Symptoms | | |
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| Autonomic | Neuroglycopenic | General Malaise |
| <ul style="list-style-type: none">SweatingPalpitationsShakingHunger | <ul style="list-style-type: none">ConfusionDrowsinessOdd BehaviourSpeech DifficultyIncoordination | <ul style="list-style-type: none">HeadacheNausea |
| Risk Factors | | |
| Medical Issues | Lifestyle Issues | |
| <ul style="list-style-type: none">Tight glycaemic controlPrev. hx of severe hypoglycaemiaUndetected nocturnal hypoglycaemiaLong duration of diabetesPoor injection techniqueImpaired awareness of hypoglycaemiaSevere hepatic dysfunctionRenal DialysisImpaired renal functionTerminal Illness | <ul style="list-style-type: none">Increased exerciseIrregular lifestyleIncreasing ageAlcoholEarly PregnancyBreast feedingInjection into areas of lipohypertrophyInadequate glucose monitoring | |
| Treatment | | |
| Symptomatic + Glucose > 4mmol/L <ul style="list-style-type: none">Small Carbohydrate Snack | | |
| A - Adults who are conscious, orientated and able to swallow + Glucose < 4.0mmol/L <ol style="list-style-type: none">15-20g quick acting carbohydrate.Repeat capillary blood glucose after 10 -15 mins. If still less than 4.0mmol/L repeat Step 1 up to 3 timesIf blood glucose < 4.0mmol/L after 45 minutes or 3 cycles. Consider 1mg Glucagon IM or 10% Glucose IV 150-200ml over 15minsOnce blood glucose > 4.0mmol/L give a long-acting carbohydrate | | |
| B - Adults who are conscious but confused, disorientated, unable to co-operate, aggressive but are able to swallow <ol style="list-style-type: none">Give either 1.5-2 tubes Glucogel or(if this ineffective) 1mg Glucagon IMRepeat capillary blood glucose after 10 – 15 mins. If still less than 4.0mmol/L repeat Step 1 – No more than 3 treatments in total and only give IM Glucagon onceIf blood glucose < 4.0mmol/L after 30-45mins or 3 cycles. Consider 150-200ml of 10% Glucose over 15 minsOnce blood glucose > 4.0mmol/L give long acting carbohydrate | | |
| C – Adults who are unconscious and/or having seizures and/or very aggressive <ol style="list-style-type: none">Check ABCDE incl GCS + Glucose3 Options<ol style="list-style-type: none">75-100ml 20% Glucose over 15mins. If after 10mins blood glucose<4.0mmol/L – Repeat150-200ml 10% Glucose over 15mins If after 10mins blood glucose<4.0mmol/L – RepeatGlucagon 1mg IMOnce blood glucose>4.0mmol/L give long acting carbohydrate | | |