

Hypoglycaemia management

1st line: Rapid acting carbohydrate



Initially glucose 10-20g given by mouth.

Approximately 10g of glucose is available from 2 teaspoons of sugar, 3 sugar lumps, 50-55 ml Lucozade®, 90 ml Coke®, Ribena® 15ml (neat, to be diluted).

If necessary this should be repeated in 10-15 minutes*.

The insulin treated person **MUST BE PREPARED** at all times with hypoglycaemia treatment readily to-hand.

Note: all the above work quickly but **STOP WORKING** quickly so should be followed up as soon as possible with a carbohydrate snack or next meal is that is due.

* British National Formulary (BNF) vol. 51 2006

Glycaemic Index and Hypo Treatment

Type of food	Glycaemic Index	Measure providing 20g CHO
Apple juice from concentrate	40 ± 1	1 x 200ml carton
Banana	52 ± 4	$\frac{2}{3}$ of 120g bag
Bassett's Jelly babies	78 ± 2	4 Jelly Babies
Bassett's Liquorice Allsorts	78 ± 1	5 sweets
Coca Cola	58 ± 5	$\frac{1}{3}$ of 500 ml bottle
Dextrosol Glucose tablets	103	7 tablets
Lucozade Original	95 ± 10	$\frac{1}{3}$ of 380 ml bottle
Mars Bar	65 ± 3	$\frac{1}{2}$ a 62.5 g bar
McVities Digestive Biscuits	59 ± 2	2 biscuits
Orange juice from concentrate	46 ± 2	$\frac{3}{4}$ of a 200ml carton
Potato Crisps	54 ± 3	1.15 packets
Ribena	66 ± 8	$\frac{1}{2}$ a 288ml carton

GI ≥ 70 = High

56-69 = Medium

≤ 55 = Low

Adapted from: Practical Diabetes International (2008) vol23:5

Hypoglycaemia management

2nd line: Rapid acting carbohydrate



GLUCOGEL[®], Formerly known as 'Hypostop'

Available in triple pack of tubes, each containing 10g of glucose or an 80g bottle containing 32g glucose.

For oral use only.

NOT to be given to unconscious individuals*.

Note: GLUCOGEL[®] works quickly but STOP WORKING quickly so should be followed up as soon as possible with a carbohydrate snack or next meal is that is due.

* Taken from drug information insert for GLUCOGEL. Manufactured by BBI Healthcare, Swansea

Hypoglycaemia management

1st or 2nd line: Rapid and carbohydrate



HYPO-FIT® syrup 74.5% is a premium product, which is a unique combination of three sugars – glucose, sucrose and fructose – water and flavouring (mint, orange and tropical). It is available in triple pack of tubes, each containing 10g of glucose or an 80g bottle containing 32g glucose.

Available on NHS drugs tariff (12 x 18 gr sachets)

GI of sugars varies from:

100 Glucose, 60 Sucrose, 20 Fructose

For oral use only.

NOT to be given to unconscious individuals*.

* Taken from www.ArcticMedical.co.uk – manufactures of HypoFit

Hypoglycaemia management

3rd line: Glucagon injection



GLUCAGON, a polypeptide hormone produced from alpha cells of the Islets of Langerhans increases plasma-glucose concentrations by mobilising glycogen stored in the liver.

Administered if glucose can not be given by mouth.

Carbohydrates should be given as soon as patient recovered to restore liver glycogen*.

May be issued to close relatives of insulin treated patients particularly if prior severe hypo episode. Training clearly being necessary and advise to call 999 for paramedic assistance regardless.

NOTE: Severe hypoglycaemia should be investigated by specialist diabetes service in order to uncover underlying reason and aim at future prevention.

* British National Formulary (BNF) vol. 51 2006