

Treating Low Blood Sugar in a Child with Type 1 Diabetes

Low blood sugar is called hypoglycemia. **Any blood sugar less than 4 is low.** Knowing the causes of low blood sugar can help prevent them.

Causes of low blood sugar: Missed or delayed meal or snack

- Not finishing all of the meal or snack
- Too much insulin
- Extra exercise or activity
- Drinking alcohol

Signs and Symptoms of mild to moderate low blood sugar

- Sweating
- Trembling
- Hunger
- Weakness
- Paleness
- Dizziness
- Headache
- Blurred vision
- Mood changes
- Drowsiness
- Clumsiness
- Confusion

What should you do if your child is low?

- **TREAT right away! Do not wait!**
- If your child has any of the symptoms above, check the blood sugar. If the blood sugar is less than 4 mmol/L, treat it right away with a fast acting sugar.
- **Wait 15 minutes and re-check the blood sugar.** If it is still less than 4 repeat the treatment.
- If your child has a low blood sugar **before a meal or snack**, treat it, wait 15 minutes, and then give usual meal or snack
- If your child has a low blood sugar **and it's more than 1 hour until the next meal or snack**, treat it, wait 15 minutes and once blood sugar is > 4 mmol/L and then give a snack containing 15grams of carbohydrate and some form of protein or fat (e.g. granola bar, cheese and crackers, milk or yogurt.)
- If your child has a **low blood sugar during exercise**, treat it, and then have your child rest for at least 15 minutes or until feeling better

Important!

- A low blood sugar can happen at any time. Your child should always have a treatment for low blood sugar with you (see next page for treatment options).
- Your child should wear a bracelet or necklace that states they have Type 1 Diabetes.

Treatment options for LOW blood sugar:

Weight Below 15 kg	Weight 15 to 30 kg	Weight Above 30 kg
5 grams Carbohydrates	10 grams carbohydrate	15 grams carbohydrate
½ Dex4® glucose gel	2 to 3 Dex4® glucose tablets	3 to 4 Dex4® glucose tablets
½ Dex4® glucose liquiblast	2 tsp. sugar	3 tsp. sugar
1 tsp. sugar in ¼ cup water	2 large marshmallows	3 large marshmallows
1 tsp. syrup	10 skittles	15 skittles
3 TBSP. regular pop	6 gummy bear candies	9 gummy bear candies
3 TBSP apple juice	1 ½ packs of Rockets®	2 packs Rockets®
1 Dex4® glucose tablet	⅓ cup regular pop	½ cup regular pop
10 Rocket® Candies	⅓ cup apple juice	½ cup apple juice
3 Gummy Bear Candies		

Note: Liquids and syrups are recommended for infants and young toddlers. These can be given by medicine dropper or a liquid medicine dispenser. Follow with breast milk or formula.

The Honeymoon Phase

When people are first diagnosed with Type 1 Diabetes, they typically have a few insulin producing cells left in their pancreas. After starting insulin injections the pancreas is able to rest. This allows for those few remaining cells to produce insulin until they are destroyed by the immune system. These cells can last for a few weeks to even a few years. What does this mean for management of diabetes?

- Typically blood sugar levels are easier to control
- Insulin doses may start to decrease once blood sugars have returned to the target range
- You may start to see more frequent low blood sugars, which just means insulin doses may need to be decreased

Important: call the diabetes clinic to adjust doses if you start seeing patterns of lows or more than three lows a week soon after being first diagnosed with Type 1 Diabetes

Night Time Lows

Your child may drop low in the middle of the night. In response to the low, the liver releases a large amount of glucose, which is the cause of the high blood sugar in the morning. To rule out night time lows, check the blood sugar at 3 am for 2 nights.