

Hypoglycemia (Low Blood Sugar)

Over 5 Years of Age

Hypoglycemia is when the blood sugar drops below 4.0 mmol. Most children with diabetes have some lows. Treat mild to moderate hypoglycemia right away to stop it from becoming severe.

Causes:

- Too much insulin
- Not enough food
- Physical activity

Treatment: 15 grams of quick carbohydrate/sugar

Examples:

15 Skittles	4 Glucose Tabs
2 rolls of Rockets	125 ml (4 oz) Juice
4 tsp of Sugar	125 ml (4 oz) Regular Pop
1 tbsp Syrup	1 tbsp Honey