### HYPOGLYCEMIA TREATMENT FLOW SHEET

"Hypoglycemia", "Insulin Reaction", "Insulin Shock", "Low Blood Sugar"

<table>
<thead>
<tr>
<th>MILD</th>
<th>MODERATE</th>
<th>SEVERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar 60 mg+ down to low 40's</td>
<td>Blood sugar 40 mg+ down to low 20's</td>
<td>Blood sugar usually less than 20 mg</td>
</tr>
</tbody>
</table>

#### SYMPTOMS:
- MILD:
  - irritable
  - trembly
  - weak
  - shaky
  - hungry
- MODERATE:
  - skin cold & clammy to the touch
  - pale face
  - shallow, fast respiration
  - drowsy
- SEVERE:
  - unconscious
  - possible convulsions (seizures)
  - danger of swallowing incorrectly

#### TREATMENT:
- MILD:
  - Food (general snack)
    - 1/2 - 1 calorie point in skim milk or a snack with carbohydrate & protein
    - Rest / wait 10-15 minutes
    - Recheck blood sugar
    - Repeat food if needed
  - EXAMPLES: Carbohydrate/protein
    - 2 Tbs raisins and peanuts
    - 2 peanut butter cracker sandwiches
    - 6 pocket pretzels
  - EXAMPLES: Carbohydrate 1 point
    - Graham crackers (3 squares)
    - Saltine crackers (6 squares)
    - Apple or Orange
    - 1 cup skim milk
  - EXAMPLES: Protein 1 point
    - Peanut butter (2 teaspoons)
    - Peanuts (2 tablespoons)
- MODERATE:
  - Simple sugar 40-60 calories (=10-15 gms)
  - Rest, wait 10-15 minutes
  - Recheck blood sugar
  - Repeat simple sugar if BS not >60 (recheck)
  - 1 - 1 1/2 point snack of carbohydrates & protein after blood sugar >60
  - For decreased level of consciousness, give Glucagon 1 mg IM & 1 calorie point
  - EXAMPLES: Simple Sugar (1 dose)
    - 3-4 glucose tablets
    - 15 gm of glucose gel
    - 2-3 teaspoons honey
    - 2-3 teaspoons sugar
    - 15 gm tube cake frosting
    - 1/2 cup regular pop (1/2 of 12oz can)
    - 1/2 cup grape juice
- SEVERE:
  - Position on side to aid breathing and keep airway open
  - Call 911 and / or Give Glucagon Emergency Injection
  - When person is alert enough to swallow - give regular 7up
  - When blood sugar is >60 and person able to eat, give food with carbohydrate and protein
  - Call Doctor

#### CAUSES OF INSULIN REACTION:
- Unusual physical exertion or exercise without increasing food or decreasing insulin
- An overdose of insulin or pills due to a mistake in measuring
- Mistake in the meal plan
- Failure to reduce insulin after in infection
- Poor usage of the meal due to vomiting or diarrhea
- Delay in eating a meal or snack

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Galichia Medical Group, PA
2600 North Woodlawn · Wichita, KS 67220 · 316-684-3838 · 1-800-657-7250 · www.galichia.com