











Hypoglycemia (low blood sugar)

Hypoglycemia can occur when blood sugar drops below the normal range (3.5 – 6 mmol/L). This can be due to illness, decreased food intake, side effects of medications, problems with hormones regulating blood sugar, or unknown causes.

Hypoglycemia Symptoms	
Mild-to-Moderate	Severe
<p>Some of the most common symptoms of low blood sugar are:</p>  <p>Shakiness</p>  <p>Irritability/grouchiness</p>  <p>Dizziness</p>  <p>Sweating</p>  <p>Blurry vision</p>  <p>Headache</p>  <p>Hunger</p>  <p>Weakness/Fatigue</p>  <p>Pale skin</p>  <p>Confusion</p>	<ul style="list-style-type: none"> • Unable to eat or drink • Seizures or convulsions (jerky movements) • Unconsciousness

What should you do if you suspect hypoglycemia?

1. Test the blood sugar every _____ with a monitor to confirm hypoglycemia before a feed. If the blood sugar is below 3.5 mmol/L, proceed with the treatment described below.

How to treat a low blood sugar?

Age Range	Mild to Moderate	Severe
1 month – 12 months	Offer breastmilk or formula	Call 911 for an ambulance *give glucagon if your doctor prescribed it
1 year to less than 5 years	Give at least 45 ml (1.5 ounces) of apple or orange juice	
5 years to 10 years	Give at least 90 ml (3 ounces) of apple or orange juice	
Greater than 10 years of age	Give at least 120 ml (4 ounces) of apple or orange juice	
Your child may eat afterwards but prevent them from eating too quickly as they may choke or vomit		
After hours endocrinologist on-call 416-813-7500		
Endocrine Nurse:	Phone number:	

What to do next for mild to moderate low blood sugar?

1. Recheck blood sugar 15 minutes after treatment and repeat treatment until blood sugar is above 3.5 mmol/L
2. If you cannot get the blood sugar to stay above 3.5 mmol/L after 2 attempts, take your child into the emergency department

If the blood glucose is **less than 3.5 for 2 tests in a day** or **8 or higher** call your endocrine nurse during business hours