

# Insert name

## Hypo Instructions

HYPOGLYCAEMIC EPISODE or a 'HYPO' = a Blood Glucose of less than 4.4 mmol/L

If insert name is unconscious go to Step 5. Do not attempt to give food, drink or Glucogel

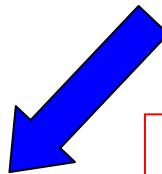
### Step 1

- If below 3.0 go to **Step 4**
- If name is 3.1 to 4.4 give fast acting glucose [3 glucose tablets or small can of original Coca Cola (not diet) and go to **Step 2**
- If unable or unwilling to eat or drink go to **Step 5**



### Step 2

- Ensure name's hands are washed and dried
- Wait for 15 minutes after name finishes the coke or glucose tablets and recheck the blood glucose reading
- If above 4.4mmol/L go to **Step 3**
- If not, repeat **Step 1**



### Step 3

- Blood glucose above 4.4 mmol/L
- Give a snack or if just before a meal, give that as soon as possible. [provide slow acting carb food as the snack i.e. 2 x biscuits, snack bar, crisps or sandwich, that will keep the blood glucose above 4mmol/L once the fast acting sugar has been used up]
- Check blood glucose again after  $\frac{1}{2}$  hour to an hour

### Step 4

Follow if name below 3.0

- Give small can of Coca Cola by a straw [hold can and straw for name]. She needs the whole can.
- After finishing the coke wait for 15 minutes, ensure name's hands are washed (water or wet wipe) and recheck the blood glucose reading
- If above 4.4mmol/L go to **Step 3**
- If not, repeat **Step 4** (another twice if necessary, once giving another can of Coca Cola and once giving 3 glucose tablets)
- After the second repeating of step 4:
- If above 4.4mmol/L go to **Step 3**
- or
- If blood sugars are not rising give Glucagon injection see **Step 5**

PTO

### Step 5

- Administer **GLUCAGON INJECTION** [follow simple picture instructions found in the lid of the Glucagon Injection Kit]
- Inject into thigh/bottom
- If you cannot give injection, **dial 999** (has PSP see below)
- Ring **Mum's name** (or emergency contact) - numbers below
- If given glucagon injection dial 999 anyway as **Name** will have to go to hospital. See below.
- Once **Name** is awake and co-operative follow **Step 1**
- Monitor blood glucose readings carefully. Check readings every 15 minutes until ambulance or mother arrives to take over.

#### Direct Hospital Admission

**Name** has direct Hospital admission to the **Hospital name** and her hospital number is **Insert name**

#### Information

**Name** usually does not display any symptoms of a hypo but sometimes may 'look' or 'behave' different eg

- Lethargic
- Eyes 'not right'
- Very Pale
- Says strange things
- 'Wobbly'/shaky
- Tearful/Weepy
- Headache or tummy ache
- Feeling 'not right'
- Odd/unusual behaviour
- Grumpy

**\* always check the blood glucose reading if**

**Name has any of these signs/symptoms \***

### EMERGENCY TELEPHONE NUMBERS

- Mum's name (mum) home – **insert number**
- Mum's mobile – **insert number**
- Dad's mobile mobile – **insert number**
  
- Insert name of doctor and name of Hospital (direct) – **insert number**
- Insert name of Hospital (switchboard) – **insert number**