

Appendix E: Treatment of Hypoglycemia

Severity	Definition	How to Treat
Mild	Autonomic symptoms present. Individual able to self-treat.	Oral ingestion of 15 g of carbohydrate, preferably as glucose or sucrose tablets or solution:
Moderate	Autonomic & neuroglycopenic symptoms present. Individual able to self-treat.	<ul style="list-style-type: none"> • 15 g glucose as tablets • 3 teaspoons or 3 packets of sugar dissolved in water • 175 ml of juice or regular soft drink • 6 life savers • 1 tablespoon honey • A snack of 15 g carbohydrate and protein can be used to prevent repeat hypoglycemia if a meal is >1 hour away
Severe	Individual requires assistance. Unconsciousness may occur. PG typically < 2.8 mmol/L.	<ul style="list-style-type: none"> • Conscious: Oral ingestion of 20g carbohydrate, preferably glucose tablets. • Unconscious: <ul style="list-style-type: none"> • Seek emergency assistance • In the home situation, support persons should be taught how to administer glucagon by injection • 1 mg glucagon subcutaneously or intramuscularly
Patients on Acarbose		<ul style="list-style-type: none"> • Glucose (dextrose) or if unavailable honey or milk • Avoid sugar