

## Hypoglycaemia (low blood glucose) home management plan

Name:

CHI:

### If blood glucose is 3.5 mmol/l or higher:

1. No action is needed. Continue to follow the feed plan given at hospital discharge.

### If blood glucose is less than 3.5 mmol/l:

1. Re-check after 10 minutes
2. If the blood glucose level is still below 3.5 mmol/l, give one-third (5ml) of a glucose 40% gel tube followed by a feed.
3. Re-check the blood glucose level 10 minutes later to ensure it has risen
4. If they continue to be hypoglycaemic and do not respond to Glucogel®, please repeat step 2 (with a second small feed) and call an ambulance to take them to the nearest hospital

### If hospital attendance is required due to low blood glucose:

1. Admission should be arranged to have blood glucose levels monitored
2. If they are unwell and unable to tolerate feeds, or hypoglycaemia has not responded to two oral treatments with glucose, an intravenous cannula should be inserted and 10% glucose given to stabilise blood glucose levels

**Urgent contact details:** Attend nearest Emergency Department

**Non-urgent contact details:**

Endocrine Nurse Specialists, Royal Hospital for Children and Young People  
0131 312 0461

Endocrine Secretary, Royal Hospital for Children and Young People  
0131 312 0443

Other:

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