



Appendix B: Treatment of Hypoglycemia in Diabetes

Severity	Definition	Initial Treatment	Follow-up
Mild	Autonomic symptoms present. Individual able to self-treat.	Oral ingestion of 15 g of carbohydrate, preferably as glucose or sucrose tablets or solution:	<p>Once the hypoglycemia has been reversed, the person should have the usual meal or snack that is due at that time of the day to prevent repeated hypoglycemia. If a meal is > 1 hour away, a snack (including 15 g carbohydrate and a protein source) should be consumed.</p> <p>Discuss episode with the diabetes healthcare team as soon as possible.</p> <p>Individuals (and their families/ caregivers) at high risk of severe hypoglycemia should be taught to administer glucagon by injection.</p>
Moderate	Autonomic and neuroglycopenic symptoms present. Individual able to self-treat.	<ul style="list-style-type: none"> • 15 g glucose as glucose tablets • 15 mL (3 teaspoons) or 3 packets of table sugar (sucrose) dissolved in water • 175 mL (3/4) of juice or regular soft drink • 6 LifeSavers (1 = 2.5 g carbohydrate) • 15 mL (1 tablespoon) honey • Following initial treatment, retest blood glucose in 15 minutes and re-treat with another 15 g carbohydrate if the BG level remains < 4.0 mmol/L. 	
Severe	Individual requires assistance. Unconsciousness may occur. Plasma glucose (PG) typically < 2.8 mmol/L.	<ul style="list-style-type: none"> • Conscious: Oral ingestion of 20 g carbohydrate, preferably glucose tablets. • Retest blood glucose in 15 minutes and re-treat with another 15 g carbohydrate if the BG level remains < 4.0 mmol/L. 	
		<ul style="list-style-type: none"> • Unconscious: <ul style="list-style-type: none"> ◦ Seek emergency assistance ◦ 1 mg glucagon subcutaneously or intramuscularly ◦ Discuss with the diabetes healthcare team as soon as possible 	
Patients on Acarbose (GlucoBay™)		<ul style="list-style-type: none"> • Glucose (dextrose) or if unavailable honey or milk • Avoid table sugar (sucrose) 	