

Hypoglycemia

(Low Blood Sugar)

Cause

Hypoglycemia occurs when **too much insulin** is in the body

Symptoms



Hunger



Sleepiness



Pale appearance



Inability to concentrate



Slurred speech



Shakiness/
Trembling



Dizziness

Prevention

- 1 Eat meals/snacks at specified time
- 2 Have fast acting foods readily available

Treatment

Low blood sugar can be treated in the classroom by the student or teacher. All episodes of low blood sugar should be documented for the guardian. The appropriate treatment for symptoms of low blood sugar are based on the student's level of consciousness.

When possible, check (or have the student check) blood glucose level. Send the student to the nurse's office with a buddy.



If the student is conscious and able to swallow, give one of the following based upon the student's preference:

Insta-Glucose – 1 tubs

Glucose tablets – 2 to 4 tablets

Fruit Juice – 4 ounces