



Supportive Clinical Information Treatment of Hypoglycemia Adults

Clinical Information

HYPOGLYCEMIA in a patient with diabetes: -

- Post-partum/non-obstetric patient: (BG) less than 4 mmol/L OR less than 5 mmol/L WITH clinical signs and symptoms
- Pregnancy: BG less than 3.5 mmol/L
- The classification of mild, moderate or severe hypoglycemia is determined by the nature of symptoms, not the BG value

SIGNS AND SYMPTOMS

Autonomic (early symptoms):

- pallor, sweating
- tachycardia, palpitations
- tremors/shakiness
- sense of anxiety or fear
- hunger
- nausea

Neuroglycopenic (symptoms that develop when the supply of glucose to the brain is insufficient for normal functioning):

- fatigue, irritability, mood changes
- difficulty concentrating
- visual, sensory or motor defects
- weakness, vision changes, dizziness
- inappropriate behavior, difficulty speaking
- headache
- loss of consciousness, seizure

In patients unable to identify and report symptoms of hypoglycemia (e.g. due to age, illness, disability, or inexperience with diabetes), parents or caregivers may notice:

- pallor, sweatiness, or shakiness
- grouching/irritability
- unexplained crying
- unusual behavior/temper tantrums
- nightmares
- sleepiness

LEVELS OF HYPOGLYCEMIA

Mild Hypoglycemia:

- Autonomic symptoms present
- Able to self-treat

Moderate Hypoglycemia:

- Autonomic and neuroglycopenic symptoms present
- Likely able to self-treat, or self-treat with assistance

Severe Hypoglycemia:

- Requires assistance to treat
- Unconsciousness may occur