

What to do in an Emergency

Hypoglycemia

Signs and symptoms

- Excess sweating
- Faintness
- Quickened heartbeat
- Confusion
- Trembling
- Sudden onset of headache
- Clammy
- Impaired vision
- Sudden onset of hunger
- Drowsiness
- Irritability
- Personality change
- Convulsions
- Unconsciousness
- Coma

Treatment for reactions

- 4-6 oz. fruit juice
- 4-6 oz. regular (sugared) soda
- 3-4 glucose tablets -4 grams each
- tube of glucose gel (15 or 30 gm)
- 3-4 packets of table sugar
- 8 ounces skim or low fat milk

¹ Delaware School Nursing Technical and Assistance Manual