Hypoglycemia (Low Blood Glucose) Emergency Plan for a Student with Diabetes on Split Mixed Therapy
School Year 2015-2016

Student's Name _____ Address _____ Date of Birth _____

School Name _____ Grade _____ Teacher _____

Mother/Guardian _____ Father/Guardian _____

Home Phone Work Phone Cell Phone _____ Home Phone Work Phone Cell Phone _____

Causes of Hypoglycemia
- Too much insulin
- Missed food
- Delayed food
- Exercise

Symptoms

Mild to Moderate
- Hungry
- Headache
- Shaky
- Blurred vision
- Irritable
- Sweaty
- Weak
- Anxious
- Other

Parent to circle usual symptoms

Severe
- Loss of consciousness
- Seizure
- Inability to swallow

Actions
- Never send a student with suspected low blood glucose anywhere alone.
- Notify school nurse or trained personnel.
- If possible, test blood glucose.
- Treat if 70 mg/dl or less (80 mg/dl or less if student under six years of age). If unable to test but student is symptomatic, **TREAT.**

Treatment of Mild to Moderate
- Immediately give a fast-acting carbohydrate such as:
  - 4 oz. fruit juice or
  - 4 oz regular pop or
  - 5-8 lifesaver candies or
  - 3-4 glucose tablets or
  - 3 packets of sugar:
- Wait 15 minutes.
- Retest the blood glucose.
- Repeat treatment and retest every 15 minutes until the blood glucose is greater than 70mg/dl (80 mg/dl if student under six years of age).
- Contact the parents/guardians if the student required repeat treatments **or** if the blood glucose was less than 50mg/dl **or** if the student had more than one episode of hypoglycemia during the school day.
- If the next meal or snack is more than one hour away **or** if the student will be exercising following the episode of hypoglycemia, give a snack consisting of a carbohydrate and a fat, such as peanut butter and crackers.

Treatment of Severe
- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Have trained personnel mix and administer glucagon, as prescribed.
- **Call 911.**
- Stay with the student.
- Contact the parents/guardians.
- When the student awakens and can swallow, encourage the student to take small sips of fruit juice or regular pop. If tolerated, follow with a snack consisting of a carbohydrate and a fat, such as peanut butter crackers.