

## HYPOGLYCEMIA PROTOCOL FOR PATIENTS NOT ON AN INSULIN INFUSION

### HYPOGLYCEMIC SIGNS & SYMPTOMS

Observe for S&S of Hypoglycemia. Instruct patient regarding causes, S&S and how to notify nurse when symptoms occur.

Early Symptoms	Moderate Symptoms	Severe Reaction
Trembling Shaking, Cold, Clammy Skin, Diaphoresis, Palpitations, Tachycardia, Hunger, Nausea	Headache, Tiredness, Weakness, Sudden Visual Changes, Parasthesia Lips Tongue Slurred Speech, Lack of Coordination, Mental Dullness, Inability to Process Information	Behavior Changes Confusion, Hallucinations, Amnesia, Seizures, Convulsions, Coma

### TREATMENT

#### CONSCIOUS PATIENT ABLE to SWALLOW

#### UNCONSCIOUS PATIENT and or UNABLE to SWALLOW

**Obtain Vital Signs & BGT** (Blood Glucose Test)

**If BGT below 70 mg/dL**

*Treat Immediately*

Choose ONE 15 gm Carbohydrate  
 4 oz fruit juice **No added sugar**  
 4 oz soda pop **Regular Soda**  
 8 oz skim milk

4 oz apple juice } Use for Patients with  
 Renal Insufficiency

**Repeat BGT 15 minutes**

If BGT less than 70 mg/dL  
 Repeat ONE 15 gm Carbohydrate  
 Repeat BGT in 15 minutes  
**Notify MD if results abnormal**

**If BGT below 50 mg/dL**

*Treat Immediately*

Choose ONE 30 gm Carbohydrate  
 8 oz fruit juice **No added sugar**  
 8 oz soda pop **Regular Soda**

8 oz apple juice } Use for Patients with  
 Renal Insufficiency

**If BGT below 40 mg/dL**

*Obtain confirmatory blood glucose*

*Follow treatment for BGT below 50 mg/dL.*

**Repeat BGT 15 minutes**

**If BGT less than 70 mg/dL:**  
 Repeat ONE **15 gm** Carbohydrate

**If BGT less than 50 mg/dL:**  
 Repeat ONE **30 gm** Carbohydrate  
**Notify MD if results abnormal**

**Obtain Vital Signs & BGT** (Blood Glucose Test)

**If BGT below 70 mg/dL**

*Treat Immediately*

Give 50 mL of 50% Dextrose IV SLOWLY  
 Contact MD STAT

**Repeat BGT 15 minutes**

Contact MD if results abnormal

**If BGT REMAINS below 70 mg/dL**

**If BGT less than 40 mg/dL**

*Obtain confirmatory blood glucose.*

*Treat immediately following blood sample*

**If unable to obtain venous access:**

Administer Glucagon 1 mg IM or SQ

**Repeat BGT 15 minutes**

If below 70 mg/dL. Contact MD STAT

**Follow Up Care:**

Notify MD for Orders

Hold Insulin/Oral Hypoglycemic Agents

Repeat BGT q 15 minutes until 70mg/dL or above.

Additional BGT orders per Physician.

#### Preventing Re-Occurrence

If there is more than 1 hour until next meal provide:  
 Small snack such as cereal and milk