First aid protocol for low blood sugar levels (hypoglycemia)

Possible symptoms:

Shivering, sweating, excessive hunger, restlessness, pallor, palpitations, impaired consciousness.

The threshold after which low sugar becomes evident varies from person to person.

Never administer insulin if low blood sugar is suspected!

Severely low blood sugar levels Moderately low blood sugar levels (Reference value: Blood sugar levels (Reference value: Blood sugar levels fall below 70 mg/dl or 3.9 mmol/l) fall below 40 mg/dl or 2.2 mmol/l) The patient is conscious The patient is able to administer but is unable If unconscious their own treatment to help themself • Call emergency services (Dial 112) Give 30 g glucose Take 10 to 20 g glucose Recovery position (e.g., 2 to 4 dextrose tablets (if the patient is able to swallow: Inject glucagon or approx. 1 glass of fruit juice) e.g., approx. 2 glasses of fruit juice) (1 mg glucagon) into the upper arm or thigh. Measure blood sugar levels after 15 minutes, if the blood glucose levels remain low (50 to 60 mg/dl, Is the patient responsive? or 2.8 to 3.3 mmol/l), take more glucose. Yes No Give 30 g glucose Wait for the emergency doctor After successful treatment, eat a meal or snack (e.g., bread, fruit, yogurt) to avoid a recurrence of the hypoglycemia.