

Managing Hypoglycaemia in Conscious Ketogenic Patients

If child is unwell or NBM and displays the following symptoms:

SYMPTOMS OF HYPOGLYCAEMIA

- Sweating
- Cold & clammy to touch
- Behavioural changes appearing jittery/confused or disorientated

Test blood glucose

If blood glucose <3.0 mmol/ L*

*No action required for
BGL >2.5mmol/L if child
is well and is not
symptomatic

START TREATMENT

Give:

- **50ml 10% Vitajoule water** (5g glucose polymer dissolved in 50ml water)
- **OR 50ml pure fruit juice** (apple/pineapple/orange)
- **OR Glucogel®** (10g glucose per 25g tube. Squeeze half a tube into child's mouth if unable to take Vitajoule water orally/NG/PEG)

Continue feed as per plan

Inform Ketogenic diet team (Ext. CNS 5816, Dietitian 1442)

On-call neurology team (24hr)/Weekend Dietitian Bleep: 0597 (Sat & Sun 09.00-13.00)

Refer to Clinical guidelines for Ketogenic diet (GOSH intranet)

Re-test blood glucose levels after
20 minutes

**If blood glucose <3.0 mmol/ L*
with persisting symptoms**

Give further 50ml 10% Vitajoule water OR Glucogel® as above

OR consider IV dextrose at 2ml/ kg until normal blood glucose levels achieved

Also monitor blood glucose levels pre-feed or food 4 hourly for 48 hours

Contact Ketogenic Diet team at GOSH for further advice