

Table 4. Treatment of Hypoglycemia

Severity	Definition	How to treat
MILD	Autonomic symptoms present. Individual able to self-treat.	Oral ingestion of 15g of carbohydrate, preferably as glucose or sucrose tablets or solution.
MODERATE	Autonomic & neuroglycopenic symptoms present. Individual able to self-treat.	<ul style="list-style-type: none"> • 15 g glucose as tablets • 3 teaspoons or 3 packets of sugar dissolved in water • 175 ml of juice or regular soft drink • 6 life savers • 1 tablespoon honey • A snack of 15g carbohydrate can be used to prevent repeat hypoglycemia if a meal is > 1 hour away
SEVERE	Individual requires assistance. Unconsciousness may occur. PG typically < 2.8 mmol/L.	<p>Conscious: Oral ingestion of 20g carbohydrate, preferably glucose tablets.</p> <p>Unconscious:</p> <ul style="list-style-type: none"> • Seek emergency assistance • In the home situation, support persons should be taught how to administer glucagon by injection • 1 mg glucagon subcutaneously or intramuscularly