

## patient education program

8200 Dodge Street, Omaha, NE 68114 402-955-5400 ChildrensNebraska.org

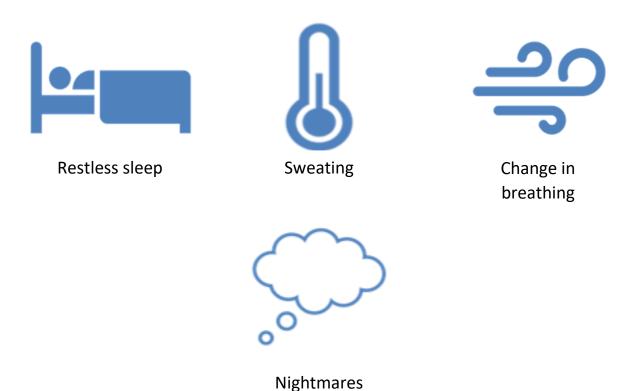
## Nighttime – Low Blood Sugars – Hypoglycemia

It is necessary to keep blood sugar/glucose at a higher level at bedtime and overnight than during the day because when asleep we may miss the signs of a low. THE GREATEST RISK FOR SEIZURES DUE TO A LOW BLOOD SUGAR/GLUCOSE OCCURS DURING THE NIGHT.

Nighttime low blood sugars/glucose can happen because of:

- Delayed drop in blood sugar from extra activity during the day
- Dose of long-acting insulin is too high
- Too much rapid-acting insulin with an evening meal or food at night
- Over-correction of a high blood sugar before bed

Symptoms of low blood sugar/glucose at night are different than those during the day and include the following:



Treatment for nighttime hypoglycemia is the same as treatment during the day, it just starts at a higher number. The next two pages detail this treatment based on age.



## patient education program

8200 Dodge Street, Omaha, NE 68114 402-955-5400 ChildrensNebraska.org **Nighttime Low Blood Sugar Guidelines** Less than 5 years of age **Blood sugar less Blood sugar** than 50 50-99 Treat with 15 grams of fast acting, Treat with 7.5 grams of fast acting, easy to swallow carbohydrates, easy to swallow carbohydrates, ex. 4 ounces of juice ex. 2 ounces of juice Re-test blood sugar in 15 minutes Blood sugar still less than 50 Blood sugar still 50-99 Blood sugar 100 or higher Re-treat with 15 grams of Re-treat with 7.5 grams of Add 7.5 grams of long-acting fast-acting, easy to swallow fast-acting, easy to swallow carbohydrate and protein carbohydrates carbohydrates Check blood sugar at midnight and 3 am or within 3 hours



## patient education program

8200 Dodge Street, Omaha, NE 68114 402-955-5400 ChildrensNebraska.org **Nighttime Low Blood Sugar Guidelines** 5 years of age and older **Blood sugar less Blood sugar** than 50 50-89 Treat with 30 grams of fast-acting, Treat with 15 grams of fast-acting, easy to swallow carbohydrates, easy to swallow carbohydrates, ex. 8 ounces of juice ex. 4 ounces of juice Re-test blood sugar 15 minutes Blood sugar 90 or higher Blood sugar still less than 50 Blood sugar still 50-89 Re-treat with 30 grams of Re-treat with 15 grams of Add 15 grams of long-acting fast-acting, easy to swallow fast-acting, easy to swallow carbohydrate and protein carbohydrates carbohydrates Check blood sugar at midnight and 3 am or within 3 hours