


Treatment options for diabetic hypoglycaemia in children and adults: Position statement.

The Nottinghamshire Area Prescribing Committee recommends that diabetic patients purchase a food product to keep with them to treat hypoglycaemia rather than receiving a prescription for glucose products.

Recommendations:

1. Advise patients to purchase* a food product to treat hypoglycaemia rather than prescribing high-concentration glucose products.
2. Instead recommend any of the following purchased products as hypoglycaemic treatments
 - Knowing the person's preferences (as that will influence what they will take) e.g., 200ml orange juice, a high sugar (not diet) drink, a few jelly babies or glucose tablets.
 - Having the persons choice of product available at any time in case of hypoglycaemia.
3. It is recommended that patients/parents/carers forward plan to effectively treat hypoglycaemia.

See  [Why do I sometimes feel, shaky, dizzy and sweaty? Hypoglycaemia explained](#) for further information.

* **Exceptions to the advice of purchasing product(s):** Individual patients where the clinician considers that their ability to purchase a suitable food product is compromised because of medical, mental health or social vulnerability to the extent that their health and/or wellbeing could be adversely affected, if they were to be reliant on self-care. Consideration should also be given to any safeguarding issues.

To note: being exempt from paying a prescription charge does not automatically warrant an exception.

The following table demonstrates which readily available, purchased products can be used to treat hypoglycaemia and how much of each product is required to provide 15g-20g fast-acting carbohydrate.

Product (in order of cost per dose).	Amount required for 15-20g fast-acting carbohydrate. If you can't measure how much to take, taking more than recommended to treat hypoglycaemia will not be harmful	Approx cost** per 'dose' (15-20g fast-acting carbohydrate)	Can be purchased from:	Approx cost* sold as:
Jelly babies	4 jelly babies	£0.21	Supermarkets, corner shop	190g packet (contains approx. 30 £1.25)
Lift Glucose Tablets/ Glucotabs	4 tablets	£0.28	Supermarkets, Pharmacies, online	200g tub (contains approx. 50 tablets £3.50)
Glucose syrup	3 x 5ml spoonfuls (15ml/20g)	£0.29	Supermarket (home baking section)	140g tube (£1.25)
Dextrose sweets such as Dextro Energy	½ packet	£0.40	Supermarkets, corner shop, Pharmacies	47g packet (£0.75)
TruePlus Soft Tabs	4 tablets	£0.49	Pharmacies, online	Tub (contains approx. 36 £4.50)
Orange juice (Long-life, fresh or from concentrate. Not sugar-free)	1 x 200ml carton/ bottle	£0.50	Supermarkets, corner shop	200ml carton/ bottle (pack of 4 £2.00)
'Regular' fizzy drink (low calorie, diet or zero products are unsuitable)	150ml (½ a can)	£0.40 -£0.80	Supermarkets, corner shop	330ml can (£1.00)
SIS Go Isotonic Energy Gel	40ml (⅓ of a pouch)	£1.10	Supermarkets	60ml pouch (£1.65)
Lift Glucose Juice Shot (formerly known as Glucojuice)	1 x 60ml bottle	£1.50	Pharmacies, online	60ml bottle
Glucogel	1 bottle	£7.19	Pharmacies, online	80g bottle

**Prices may vary, correct December 2023

References:

- Diabetes UK (2023). [online]. Available at: [Diabetes UK - Know diabetes. Fight diabetes. | Diabetes UK](#) [accessed 19.04.24].
- Supermarket comparison website (2023). [online]. Available at: [Compare Supermarket Prices - Trolley.co.uk](#) [accessed 19.04.24]
- Diabetes UK (2023). [online]. Available at: [Diabetes information in different languages and formats](#) [accessed 02.01.24].
- NHS.UK (2023). [online]. Available at: [Hypoglycaemia \(hypos\). NHS.UK](#). [accessed 19.04.24].

Version	Date	Changes
V1	November 23	Reproduced with kind permission from Herts Valleys CCG