Flowchart: Management of Hypoglycaemia on Ketogenic Diet

Low blood glucose levels are common during the initiation stages of the ketogenic diet, if unwell or if fasting for procedures. Children may have low blood glucose levels without displaying symptoms.

A **Symptomatic** episode of hypoglycaemia is uncommon, especially in younger children who may not show signs. This can cause:

- Paleness
- Shakiness
- Headache
- Sweating
- Feeling hungry
- Dizziness

- Irritability
- Lack of concentration
- Confusion
- Crying
- Weakness
- Rapid pulse

A **Severe** episode of hypoglycaemia is **extremely rare**. This is defined by:

- Loss of Consciousness (LOC)
- Hypoglycaemic Seizure

**Monitoring and Management**

- Check Blood Glucose Levels every 4 hours

- **>3.5 mmol/L**
  - Appropriate
  - Recheck in 4 hours

- **2.6-3.5 mmol/L**
  - Do not treat
  - Recheck in 2 hours

- **< 2.6 mmol/L**
  - Conscious +/- Symptoms
    - Initiate Clinical Review call
      - Child: Give 30 mL Juice (approx. 3g CHO)
      - Infant (<1 year): Give 1mL/kg of 50% Poly-Joule® Solution*
    - Recheck in 30 mins

  - LOC or Hypoglycaemic Seizure
    - Initiate Rapid Response call
      - If IVC in: Bolus 2mL/kg of 10% glucose
      - If no IVC in: glucagon
      - If >25 kg: 1 mg IMI, if <25 kg: 0.5 mg IMI
    - Put in IVC if not in Will need IV glucose

*Recipe for 50% Poly-Joule solution is 28g of Poly-Joule made up to 50mL