

Position Statement: Treatment of diabetic hypos in primary care with prescribed products

Herts Valleys CCG does not support prescribing of products to treat hypos: Purchase of a food product to treat hypos is recommended instead

Recommendations:

1. Do not prescribe high glucose products to treat hypos
2. Instead recommend any of the following purchased products as hypo treatments and recommend:
 - o Knowing the person's preferences (as that will influence what they will take) e.g. 200ml orange juice, a few jelly babies, glucose tablets or a high sugar (not diet) drink
 - o Having the persons choice of product available at any time in case of a hypo
3. Recommend that patients/parents/carers plan ahead in order to effectively treat a hypo

The following table demonstrates **which readily available, purchased products can be used to treat a hypo** and **how much of each is required to provide 15g fast acting carbohydrate:**

Product (in order of cost)	Amount required for 15g fast acting carbohydrate	Approx cost per 'dose' (15g fast acting carbohydrate) (prices correct March 2019)*	Can be purchased from:	Sold as:
	If you can't measure how much to take, taking more than recommended to treat a hypo will not be harmful			
Jelly babies	4 jelly babies	£0.21	Supermarkets, corner shop	190g packet
Orange juice (Fresh or from concentrate)	1 x 200ml carton/ bottle	£0.23	Supermarkets, corner shop	200ml carton/ bottle
Lift Glucose Tablets/ Glucotabs	4 tablets	£0.28	Pharmacies, online	200g tub (contains 50 tablets)
Glucose syrup	3 x 5ml spoonfuls (15ml/20g)	£0.29	Supermarket (home baking section)	140g tube
Dextrose sweets	½ packet	£0.40	Supermarkets, corner shop	47g packet
'Regular' fizzy drink (low calorie, diet or zero products are unsuitable)	150ml (½ a can)	£0.40	Supermarkets, corner shop	330ml can
TruePlus Soft Tabs	4 tablets	£0.49	Pharmacies, online	Tub (contains 36 tablets)
Sis. Go Isotonic Energy Gel	40ml (⅔ of a pouch)	£0.96	Supermarkets	60ml pouch
Lift Glucose Juice/ Glucojuice	1 x 60ml bottle	£1.60	Pharmacies, online	60ml bottle
Trueplus Drink Glucose Food Supplement	1 x 60ml bottle	£1.69	Pharmacies, online	60ml pouch
TRUEplus Glucose Gel	1 x 32ml pouch	£1.69	Pharmacies, online	32ml pouch
Glucogel	1½ tubes	£5.11	Pharmacies, online	3 x 25g tubes

*Prices may vary

Version	1.1 (update to product names, September 2019)
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