

### Hypoglycaemia in Patients without known Diabetes Mellitus

- True pathological hypoglycaemia is rare in patients who are not severely ill in hospital or treated with insulin or sulphonylureas for diabetes mellitus
- Whipple’s triad should ideally be met i.e. presence of typical (sympathetic or neuroglycopenic) symptoms at the time of confirmed low blood (preferably venous) glucose and reversal of the symptoms relatively promptly with administration of glucose and normalization of blood glucose

#### Information Required

- Presence of Red Flags
- Duration of symptoms
- Associated symptoms
- Drug therapy including access to other person’s drugs which may cause hypoglycaemia

#### Investigations Required

- Blood glucose and concomitant insulin and C-peptide levels at the time of symptoms

#### Investigations *not* Required

- Hb A1C , glucose tolerance testing and insulin levels (apart from at the time of true hypoglycaemia) are not generally useful

#### Fax Referrals to

GP Plus Marion

7425 8687

GP Plus Noarlunga

8164 9199

### Red Flags

- 🚩 Impaired consciousness with confirmed or high level of suspicion for true hypoglycaemia  
 Liaise with on-call registrar for urgent appointment and management

#### Suggested GP Management

- The only universally useful test is venous glucose, insulin and C peptide at the time of symptoms before exogenous glucose is administered
- This can be difficult to co- ordinate and requires liaison with lab, patient and family members to ensure prompt venesection at the appropriate time
- All venous blood samples for glucose must be taken in a fluoride tube (grey top) and insulin and C peptide in a plain tube
- Capillary glucose levels are frequently too inaccurate at the low end of the range to allow diagnostic and management decisions

#### Clinical Resources

- Evaluation and Management of Adult Hypoglycaemic Disorders – An Endocrine Society Clinical Practice Guideline  
<https://www.endocrine.org/~media/endosociety/Files/Publications/Clinical%20Practice%20Guidelines/FINAL-Standalone-Hypo-Guideline.pdf>

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients) and SAFKI Medicare Local website [www.safki.medicare.sa.gov.au](http://www.safki.medicare.sa.gov.au)

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