Ketotic Hypoglycaemia

Ketotic Hypoglycaemia is a rare disorder which occurs in young children generally following low carbohydrate intake or after a long period of time without food. This disorder is characterised by low blood sugar (hypoglycaemia) and a build up of ketones in the body’s tissues and fluids (ketosis). Ketones are chemicals that are made when there is a low supply of insulin in the blood and it must break down fat for energy.

Treatment of this disorder includes frequent intake of carbohydrates and protein and avoidance of long periods of time without food. Bedtime snacks that are rich in carbohydrates should be given at night. If the child is underweight, nutritional supplements may be given. If symptoms become severe carbohydrates and fluids should be given immediately. However, if this is prevented by vomiting the infant should be taken to hospital for intravenous salt water (saline) and sugar (dextrose) may be used. The hospital treatment is usually quicker if a summary of the disorder and recommended treatment is supplied.

This information is fully sourced and referenced, for more detailed information and references please contact CLIMB by email, letter or telephone.

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