

OBJECTIVE

Alberta clinicians optimize laboratory tests for investigation of suspected hypoglycemia

TARGET POPULATION

Patients exhibiting clinical features of hypoglycemia

EXCLUSIONS

None

RECOMMENDATIONS

- ✓ Test serum glucose and look for clinical features. Hypoglycemia is defined as a serum glucose < 2.5 mmol/L with concurrent clinical features (see [Table 1](#))

Clinical Features of Hypoglycemia
<ul style="list-style-type: none"> • Adrenergic excess: <ul style="list-style-type: none"> ○ Sweating ○ Palpitations ○ Anxiety ○ Tremor • Neuroglycopenic (e.g., altered consciousness and seizures, behavioral changes)

Table 1: Clinical Features of Hypoglycemia

- ✓ Provide oral glucose – this should rapidly reverse symptoms
- ✓ Measure simultaneous fasting serum insulin and glucose, i.e., occurring > five hours after a meal
- ✓ Refer patients with fasting hypoglycemia to endocrinologists
- X Do not use capillary reagent strip testing to diagnose hypoglycemia
- ✓ Consider gastrointestinal (GI) motility problems with post prandial hypoglycemia (< five hours after a meal)
 - Post-prandial hypoglycemia is usually not associated with any serious disorders but may be associated with GI motility problems
- ✓ If hypoglycemia is confirmed, specialist referral is indicated for further testing

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