

# **HYPOGLYCEMIA**

## **(Low Blood Sugar)**

**SAINT BARNABAS MEDICAL CENTER  
NEONATAL INTENSIVE CARE UNIT**

### **What is hypoglycemia?**

Hypoglycemia, or low blood sugar, is most common in infants shortly after birth. Infants of mothers who have diabetes during their pregnancy are more likely to have low blood sugar in the newborn period.

### **How is blood sugar monitored?**

A small amount of blood will be taken from your baby, usually by pricking their foot, and testing right in the NICU for immediate results.

### **How often is blood sugar monitored?**

Your baby's blood sugar / glucose will be monitored closely by the NICU team, and adjustments will be made as needed. If your baby's glucose levels are unstable, testing will be more frequent. Once the glucose levels stabilize, testing will become less frequent.

### **How is low blood sugar treated?**

Low blood sugar is treated by giving the baby more glucose. If your baby is receiving IV fluids, the amount of glucose in the intravenous fluids may be increased or the amount of intravenous fluid may be increased. If your baby does not have an IV, one may be started in order to give your baby the needed glucose. Increasing the amount of feeding your baby gets will also help their blood glucose levels.

### **Do blood sugar problems in a baby mean s/he will get diabetes?**

No. A blood sugar problem in a baby does not mean they will develop diabetes later on in life. Once a baby is feeding regularly, blood sugar problems don't usually keep happening because baby has become able to regulate themselves.

**If you have any further questions, please ask your nurse or doctor.**