



# 糖尿病急性合併症

## Acute complications of diabetes

### 低血糖 Hypoglycemia

指血糖濃度低於 70mg/dl 以下或是血糖由高濃度急速下降，也有可能產生低血糖症

When the blood sugar concentration is lower than 70mg/dl or the blood sugar drops rapidly from a high concentration, which may also cause hypoglycemia.

#### 什麼情況下會發生低血糖？ Where dose hypoglycemia occur?

- 胰島素或口服降血糖藥使用過量  
Overuse of insulin or oral hypoglycemic drugs
- 進食量過少、延誤用餐或未均衡飲食  
Eating too little, delaying meals or eating an unbalanced diet
- 長時間運動或運動過度激烈而未補充食物  
Exercising for a long time or exercising too intensely without intake of food.

#### 低血糖的症狀？ Hypoglycemia symptoms

建議有症狀時，先測量血糖，確定是否為低血糖，若無法測量，先以低血糖方式處理。初期有飢餓、冒冷汗、心悸、發抖、無力、頭暈、注意力不集中等症狀，嚴重會失去定向感或意識不清、昏睡、昏迷。

Recommendations: When symptoms occur, first measure blood sugar to determine whether it is hypoglycemia. If you cannot measure it, treat it with hypoglycemia first. In the initial stage, there are symptoms such as hunger, cold sweats, palpitations, trembling, weakness, dizziness, and difficulty concentrating. In severe cases, it may lead to loss of orientation, confusion, drowsiness, or coma.

#### 低血糖的處理 How to handle hypoglycemia?

##### 一、若病人意識清醒 If the patient is conscious

- ★立即進食含 15 公克糖，例如：含糖飲品（120-150ml）、蜂蜜 1 湯匙、方糖 3-4 顆、糖包 2-3 包（15 公克）。

Intake of sugary food immediately contains 15 grams of sugar, for example: sugary drinks (120-150ml), 1 tablespoon of honey, 3-4 sugar cubes, 2-3 sugar packs (15 grams).

★若 15 分鐘後血糖沒有上升且症狀未獲得緩解，再補充 15 公克糖(同上)；若低血糖症狀一直未緩解，則應立即就醫。

If blood sugar does not rise after 15 minutes and symptoms are not relieved, add another 15 grams of sugar (same as above); if hypoglycemia symptoms persist, then seek medical attention immediately.

★如症狀緩解後，距離下一餐還有一小時以上，可補充一份醣類食物，如：一杯 240ml 低脂(脫脂)牛奶或 2-3 片餅乾或一片土司等，以預防低血糖的再發生。

If the symptoms are relieved and there is more than an hour before the next meal, you can add a sugary food, such as: one cup of 240ml Low-fat (skimmed) milk or 2-3 pieces of biscuits or a piece of toast to prevent recurrence of hypoglycemia.

## 二、若意識不清或昏迷 If the patient is unconscious or comatose

★不可強行灌入食物，以免噎到，可將患者頭部側放，以糖漿或蜂蜜塗於抹於頰內並送醫治療。

Do not force-feed food to avoid choking. Place the patient's head sideways, apply syrup or honey inside the cheek and send to hospital for treatment.

★肌肉注射升糖素，立即送醫治療。

Intramuscular Inject glucagon and send to hospital immediately for treatment.

## 如何預防低血糖再發生？ How to prevent hypoglycemia from occurring

- 服用降血糖藥或注射胰島素時應注意劑量要正確，用餐定時定量。  
When taking hypoglycemic drugs or injecting insulin, should pay attention to the correct dosage and regulate timing and quantity of meals.
- 從事劇烈或長時間運動，須適度補充點心。  
When engaging in strenuous or long-term exercise, must take appropriate snacks.
- 外出時應隨身攜帶砂糖、糖果等，以備不時之需。  
When going out, should carry sugar, candies, etc. in case of emergency.
- 經常監測血糖。  
Monitor blood sugar frequently.

# 高血糖急症 Acute hyperglycemic

## 一、糖尿病酮酸血症 Diabetic ketoacidemia:

血糖通常高達 250-500 mg / dl，且合併酮體產生及代謝性酸血症。

Blood glucose is usually as high as 250-500 mg/dl and is associated with ketone body production and metabolic acidemia.

## 二、高血糖高滲透壓狀態 Hyperglycemic and hyperosmolar state:

血糖濃度常高於 600 mg / dl，合併血液滲透壓升高、脫水，但無明顯酮體產生及代謝性酸中毒。

The blood glucose concentration is often higher than 600 mg/dl, accompanied by increased blood osmotic pressure and dehydration, but there is no obvious ketone body production and metabolic acidosis.

## 原因 Reason

- 其他疾病：感染、腦中風、胰臟炎、心肌梗塞等  
Other diseases: infection, stroke, pancreatitis, myocardial infarction, etc.
- 飲食過量  
Overeating
- 忽略或未被診斷的糖尿病病人  
Neglected or undiagnosed diabetic patients
- 未依照醫囑按時服藥、自行減少藥物劑量及停藥，致血糖控制不良者  
Those who fail to take medication on time as directed by the doctor, reduce the dose of medication, or stop medication on their own, resulting in poor blood sugar control
- 情緒壓力  
Emotional stress

## 症狀 Symptom

- 多吃、多尿、口渴、體重減輕  
Eating more, urinating more, being thirsty, losing weight
- 噁心、嘔吐、腹痛  
Nausea, vomiting, abdominal pain

- 皮膚脫水乾燥、眼眶凹陷  
Dehydrated and dry skin, sunken eyes
- 心跳快速、血壓降低  
Rapid heartbeat, low blood pressure
- 呼吸快而深、呼吸有水果味、嗜睡、昏迷  
Fast and deep breathing, fruity breath, drowsiness, coma

## 介入

## Intervention

- 能進食無特別限制者，多喝開水及注意保暖。  
Those who can eat without special restrictions should drink plenty of boiled water and keep warm.
- 立即就醫，依醫囑指示使用胰島素、藥物治療。  
Seek medical attention immediately and use insulin and medication as directed.
- 遵從醫囑按時、按量口服抗糖尿病藥物或注射胰島素。  
Follow the doctor's instructions to take oral anti-diabetic drugs or inject insulin on time and in the right dosage.
- 遵守飲食計畫，避免暴飲暴食  
Follow the diet plan and avoid overeating
- 監測血糖以瞭解血糖狀況，若血糖居高不下，及早就醫  
Monitor blood sugar to understand blood sugar status. If blood sugar remains high, seek medical advice as soon as possible.

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