

Product	Amount Equivalent to 20g Carbohydrate	Quantity Required
 Gluco Tabs	20g	5 tablets
 Dextrosol	22g	7 tablets
 Lucozade Original	220ml	approx. $\frac{2}{3}$ of 380ml bottle
 GlucoGel	50g	2 tubes
 Jelly Babies	25g	4 sweets
 Fruit Pastilles	22.5g	6 sweets
 Starburst	23g	5 sweets
 Skittles	22g	$\frac{1}{2}$ of 45g bag or 18g mini bag
 Ribena	200ml	approx. $\frac{2}{3}$ of 288ml carton
 Coca Cola	190ml	approx. $\frac{1}{3}$ of 550 ml bottle

Treatment for hypoglycaemia is 10-20g of quick acting carbohydrate.

The examples above are based on 20g of carbohydrate, but you may find that 10g (half the quantity shown) is enough in some situations.

## PREVENTION

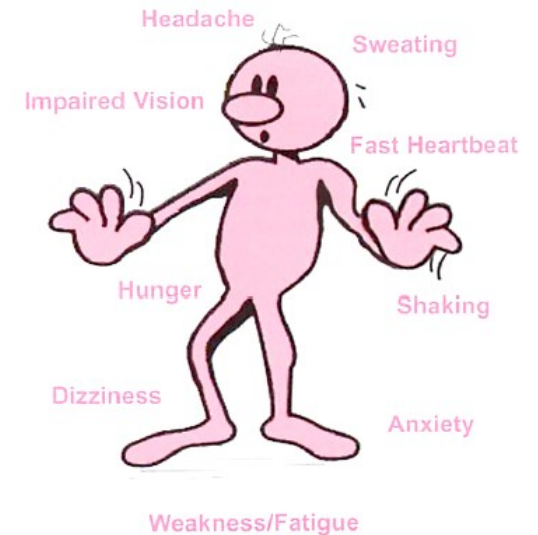
To try to avoid hypoglycaemia happening again, it might be helpful to think about the following:

- Did you take too much of your diabetes medication or insulin?
- Have you had your medication changed recently?
- Have you picked up a new prescription?
- Did you delay or miss your meal?
- Are you eating less than usual?
- Did you have an alcoholic drink?
- Did you take more exercise than usual or change your exercise?
- Has the weather been unusually hot?
- Are you feeling stressed?
- Have you been ill?

If hypos are frequent or persistent, or happen with no warning please discuss this with your doctor or nurse.

Your medication or insulin may need to be altered.

## HYPOGLYCAEMIA (Low Blood Sugar)



## HYPOGLYCAEMIA

**Hypoglycaemia, or a 'hypo', occurs when your blood sugar level drops below 4 mmol/l.**

Hypoglycaemia may occur as a complication of the treatment of diabetes resulting from certain medication or insulin, but does not occur due to diabetes itself.

It is important to treat hypoglycaemia quickly following the guidelines in this leaflet.

You will usually get warning symptoms, but check your blood sugar with your blood sugar monitoring meter to confirm a hypo. If you do not have a meter, and have symptoms, then treat as a hypo.

If your meter reads 4 mmol/l or under and you do not have symptoms, repeat the test. If it is still under 4mmol/l, then treat as a hypo.

If your blood sugar is often low, please discuss this with your doctor or nurse.

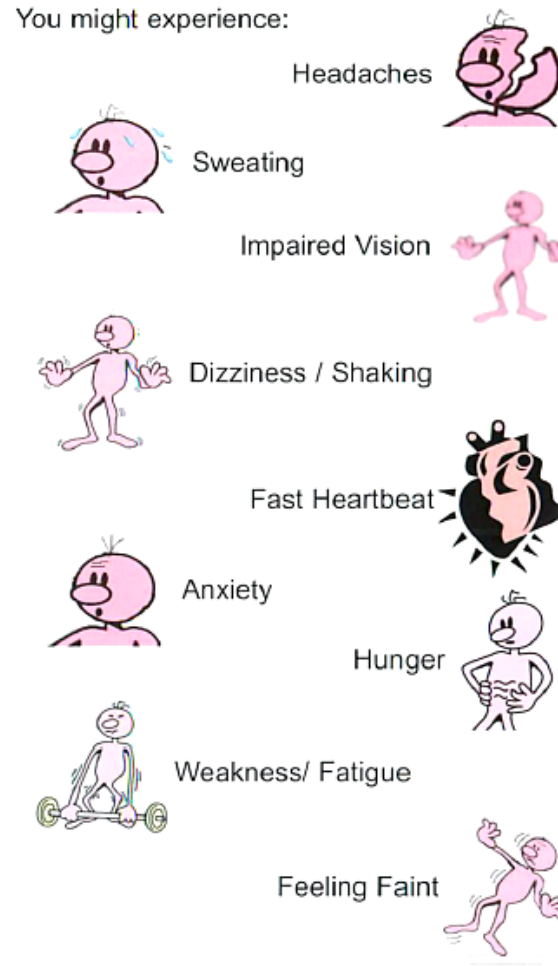
If you feel hypo when your blood sugar is higher than 4mmol/l, discuss this with your doctor or nurse.

## WHAT CAUSES IT?

- Too much insulin
- Delayed or missed meals
- Not enough food - especially carbohydrates
- Strenuous or unplanned exercise
- Unexplained causes, e.g. very hot weather

## SYMPTOMS

You might experience:



### Signs others may notice:

- Sudden paleness, sweating
- Unusual behaviour
- Poor concentration
- Slurred speech
- Confusion

## WHAT TO DO

Blood sugar below 4 mmols or 'hypo symptoms'

**Test ... Treat ... Test ... Eat ... Repeat**

### Step 1

**Act Quickly!** Stop what you are doing.

### Step 2

Take 5-7 glucose tablets or 110mls of Lucozade. Other options are shown overleaf.



### Step 3

Wait 10 minutes.



### Step 4

Re-test...

Above 4mmols or symptoms better

Eat a snack, e.g.:

2 to 3 biscuits

A small banana

A slice of bread

Below 4mmols or symptoms not better

Repeat from Step 1

### Step 5

Test your blood sugar again in an hour.

**If recovery is slower than expected, CALL 999**

Do not drive for at least 45 mins after recovery