Hypoglycaemia
Low blood glucose level (less than 4.0mmol/l)

Common causes of hypoglycaemia
- Too much insulin or diabetes tablets.
- Not enough carbohydrate in a meal or snack.
- Not reducing your insulin dose before physical activity.
- Too much alcohol or drinking alcohol without eating carbohydrate.

Symptoms of hypoglycaemia

- Sweating
- Headache
- Hunger
- Shaking
- Lack of concentration
- Feeling irritable

Other symptoms can include: fast or pounding heartbeat, dizziness, blurred vision, hunger, pins and needles around your mouth, unusual behaviours or loss of consciousness.

Symptoms of hypoglycaemia can be different for each person.

Please list your symptoms: __________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
Treating hypoglycaemia

If your blood glucose level is less than 4.0mmol/l, treat with one of the following:

<table>
<thead>
<tr>
<th>Treatment (choose one)</th>
<th>Amount = 15g Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>TruePlus™ Glucose Drink</td>
<td>1 bottle (60mls)</td>
</tr>
<tr>
<td>GlucoJel™ Jelly Beans</td>
<td>5 Jelly Beans</td>
</tr>
<tr>
<td>(available at pharmacies)</td>
<td></td>
</tr>
<tr>
<td>Regular Soft Drink (not diet)</td>
<td>150mls</td>
</tr>
<tr>
<td>Oral Glucose Gel</td>
<td>1 tube</td>
</tr>
<tr>
<td>Glucose Tablets</td>
<td>Number of tablets will vary depending on product</td>
</tr>
</tbody>
</table>

Wait 10–15 minutes and re-check blood glucose

If your blood glucose level is less than 4mmol/l, repeat treatment above

Choose one of the following lower-GI carbohydrate snacks:
- 1 piece of fruit e.g. apple or banana
- 1 slice of grain bread
- 300ml of milk
- 1 muesli bar

OR

Eat a meal containing carbohydrate. For example:
- Grain bread
- Pasta or basmati rice
- Corn or sweet potato

If your blood glucose level is more than 4mmol/l, follow treatment below

Remember to
- Report hypoglycaemia to your health professionals.
- Do not give food or fluids to an unconscious person.
- Dial 000 for an ambulance if you are unable to manage.