Hypoglycaemia
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.
- Drinking alcohol without eating carbohydrates.

Symptoms of hypoglycaemia

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

Other symptoms can include:

- Fast or pounding heartbeat
- Dizziness
- Blurred vision
- Pins and needles around your mouth
- Unusual behaviours
- Loss of consciousness

Symptoms of hypoglycaemia can be different for each person.

What symptoms do you get?
**STEP 1:**
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>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>TruePlus™ Glucose Drink</td>
<td>1 bottle = 60mls</td>
<td><img src="image" alt="TruePlus Glucose Drink" /></td>
</tr>
<tr>
<td>GlucoJel™ Jelly Beans (available at pharmacies)</td>
<td>5 Jelly Beans</td>
<td><img src="image" alt="GlucoJel Jelly Beans" /></td>
</tr>
<tr>
<td>Regular Soft Drink (not diet)</td>
<td>150ml or a small glass</td>
<td><img src="image" alt="Regular Soft Drink" /></td>
</tr>
<tr>
<td>Oral glucose Gel including True Plus Gel and Glutose 15 Gel</td>
<td>1 tube</td>
<td><img src="image" alt="Oral glucose Gel" /></td>
</tr>
<tr>
<td>Glucose Tablets</td>
<td>TruePlus = 3 tablets Glucodin = 12 tablets</td>
<td><img src="image" alt="Glucose Tablets" /></td>
</tr>
</tbody>
</table>

**STEP 2:**
Wait 10–15 minutes and re-check blood glucose levels.

- If your blood glucose level is still **less than 4 mmol/l**, repeat **STEP 1** again.
- If your blood glucose level is **more than 4mmol/l**, follow with treatment below.

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

**OR**
Eat a meal containing carbohydrate.

- Grain bread sandwich
- Pasta or basmati rice
- Corn or sweet potato

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**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.