Hypoglycaemia
Blood glucose level less than 4.0mmol/L

Baker
HEART & DIABETES INSTITUTE

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
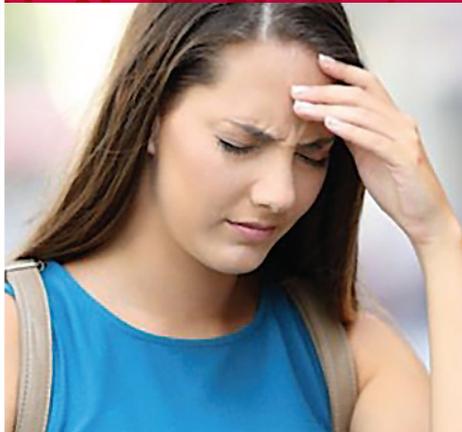
Hunger

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

Treating hypoglycaemia

STEP 1:
**If your blood glucose level is less than 4.0mmol/l, treat with one of the following:**

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

Treatment (choose one)	Amount = 15g Carbohydrate	Products
TruePlus™ Glucose Shot	1 bottle = 60mls	
GlucoJel™ Jelly Beans, Glucoboost Jelly Beans	GlucoJel™ = 5 Jelly Beans Glucoboost = 3 Jelly Beans	
Regular Soft Drink (not diet)	150ml or a small glass	
Oral Glucose Gel including True Plus Gel, Glutose 15 Gel, Glucoblast Gel	1 tube	
Glucose Tablets, Glucochew Tablets (available online)	TruePlus = 3 tables Glucochew = 3 tablets	

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
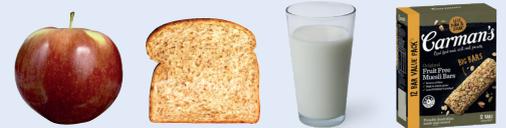
OR

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

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.