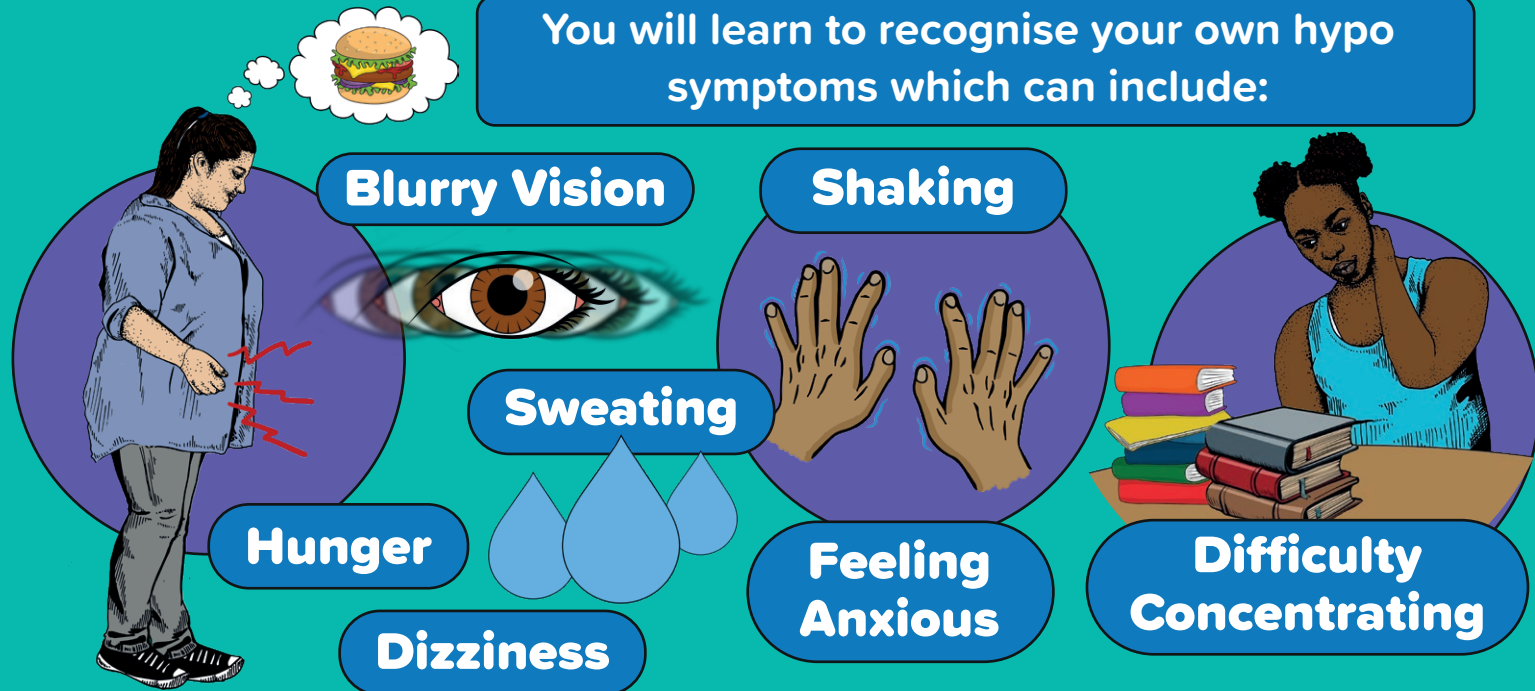


# Hypoglycaemia

When your blood glucose level drops below 4mmol/L, this is called hypoglycaemia and commonly referred to as a hypo.

You will learn to recognise your own hypo symptoms which can include:



If you are 50kg or more, You should treat a hypo immediately by eating or drinking around 15-20g of fast acting carbohydrates, such as:

4-5 Glucose/Dextrose tablets.



3-4 Jelly Babies.



60ml (1) glucose shot drink.



170ml Lucozade Original Energy.



150 - 200ml original Coke or processed fruit juice.

If you are less than 50kg you will need less fast acting carbohydrates, 5-15g



Chocolate, cookies and crisps are not appropriate hypo treatments as they take too long to raise glucose levels due to their high fat content.



Check your blood glucose again after 10-15 minutes to see if it is above 5mmol/L, if still low treat again. You may only need half the treatment the 2nd time.



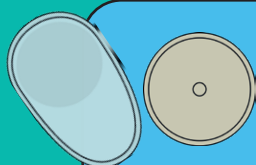
You might also need to eat a longer acting carbohydrate snack if you are being active to try to prevent a further hypo.



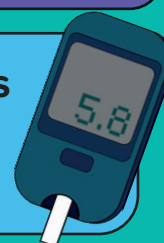
Sometimes hypo treatments can cause high Blood Glucose later on, so keep checking regularly.



## Here are some Top Tips for managing your blood glucose



Monitor your blood glucose levels throughout the day by using a meter or by wearing a sensor.



Knowing what your blood glucose level is, is an essential part of diabetes management.



Make sure your injection sites are not lumpy, move your injections/cannulas around regularly to avoid lumps as this helps with absorption.



Carb counting is also an important way to make sure the insulin you take for food is accurate.



Checking on your emotional wellbeing, getting regular exercise and good sleep are also good ways to help keep your blood glucose levels steady.



If you are worried about how many hypos or hypers you are having, speak to your diabetes team for support and help making adjustments.