

Hypoglycaemia

When your blood glucose level drops to 3.9mmol/L or below, this is called hypoglycaemia also known as a 'hypo'.

Some things which cause glucose levels to go low are:

Taking more insulin than needed

Not finishing all the carbohydrates in a meal

Going a long time without eating

Illness

Worrying about something

Exercise

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

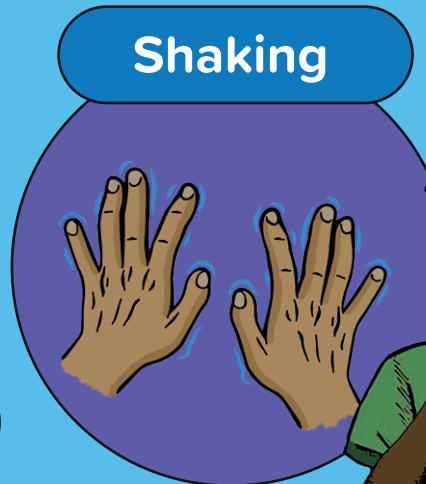


Difficulty Concentrating

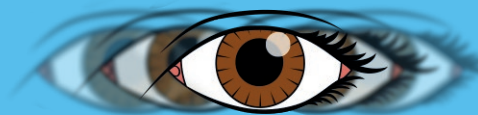


Sweating

Dizziness



Shaking



Blurry Vision

Feeling Anxious

Jelly Legs Or Feeling Tired



Hunger

You should treat a hypo immediately by eating or drinking 10-15g of fast acting carbohydrates, such as:

3-5 Glucose/Dextrose tablets



2-3 Jelly Babies



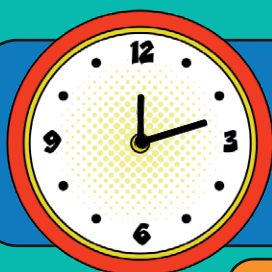
40-60mls ($\frac{2}{3}$ - 1 full) Glucose shot drink



110-170mls Lucozade Original Energy



100-150mls original Coke or processed fruit juice



Check your blood glucose again after 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.



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



You cannot always rely on the signs and symptoms of illness, glucose levels must still be checked regularly.



If you are about to exercise or won't be due to eat a meal soon, you may need to have a 10g carbohydrate snack.



Hyperglycaemia

When your blood glucose levels are too high, this is called hyperglycaemia and commonly referred to as a hyper or simply, 'high'.



Recommended glucose target levels are 4-10mmol/L or 4-8mmol/L before a meal or overnight.



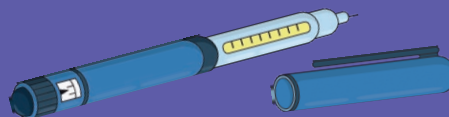
If you feel unwell or notice your glucose numbers are high you should tell an adult how you feel straight away.



It is important to check for ketones when you have high glucose levels of 14mmol/L or higher because Ketones can make you feel sick and unwell.

You should always tell an adult, if your blood glucose level is too high or if ketones are present in your blood.

You will need more insulin if you have ketones



an adult will be responsible for working this out.

Some things which cause glucose levels to go high are:

Lack Of Exercise

Overtreating a Hypo

Growth

Illness

Eating extra or missing Insulin

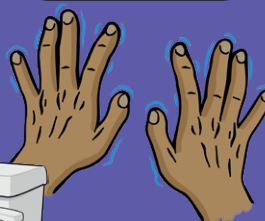
Stress

If your blood glucose levels are too high, some common symptoms are:

Blurry Vision



Shaking



Feeling Sick



Having a Headache

Feeling Thirsty



Needing To Wee A Lot

Difficulty Concentrating

