

Hypoglycaemia

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

If your glucose levels drop too low, you may feel some of these symptoms...

ANXIOUS
+
IRRITABLE

PALE
+
SWEATING

SHAKY

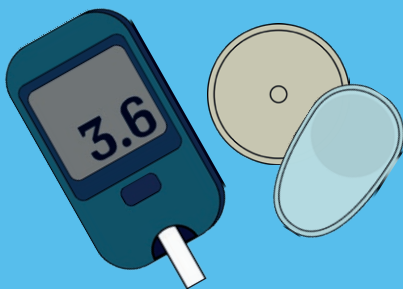
HUNGRY

HEADACHE

TEARFUL
+
TIRED



If you feel unwell you should tell an adult how you feel straight away.



An adult will then check your blood glucose to see if you are low or 'hypo'. You may want to help with this.



You will have your hypo treatment, given to you by an adult, then after 15 minutes you will have your glucose level checked again, to see if you need more hypo treatment.



If you are about to exercise or won't be due to eat a meal soon, an adult will check to see if you need to have a snack.

Hyperglycaemia



If you feel unwell you should tell an adult how you feel straight away and they may want to check your glucose levels to see if they are high.

You may recognise numbers that are out of range or high, if you do, tell an adult.

If your glucose level is above 14.0mmol/L a blood ketone check may be needed to see if you need more insulin straight away.