

## Hypoglycaemia

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

You will learn to recognise your own hypo symptoms, these symptoms may make you feel...

ANXIOUS  
+  
IRRITABLE

PALE  
+  
SWEATING

SHAKY

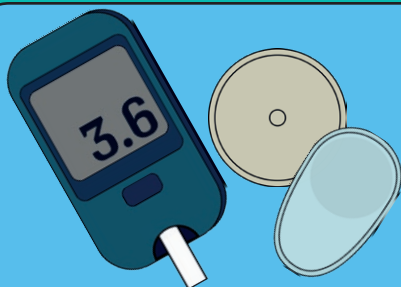
HUNGRY

HEADACHE

TEARFUL  
+  
TIRED



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



An adult will then help you to check your glucose to see if you are low or "hypo".

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



**40ml  
glucose  
shot drink  
( $\frac{2}{3}$  bottle)**



**110ml of  
Lucozade energy  
drink**

**2 Jelly  
Babies**



**3 Glucose  
or  
Dextrose  
Tablets**

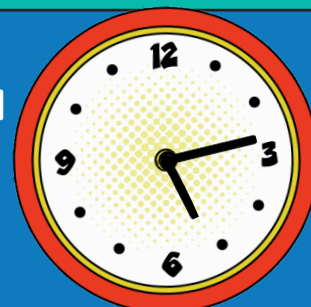


**100ml original  
cola or processed  
fruit juice**

**1 Tube of  
Glucogel**



**You will have your hypo treatment, an adult may help you to do this, then after 15 minutes you will have your glucose level checked again. if your glucose level is still less than 5mmol/L you will need to repeat your hypo treatment.**

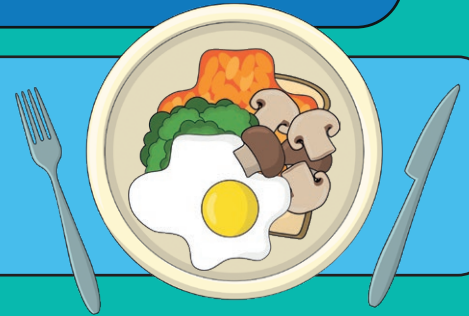


**If you are about to exercise or won't be due to eat a meal soon, an adult will check to see if you need to have a small carbohydrate snack.**

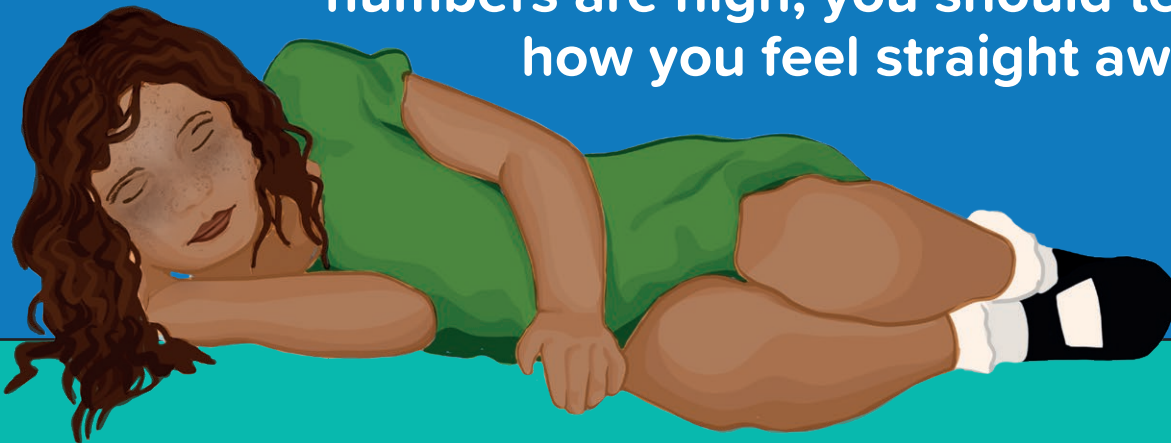
# Hyperglycaemia

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.

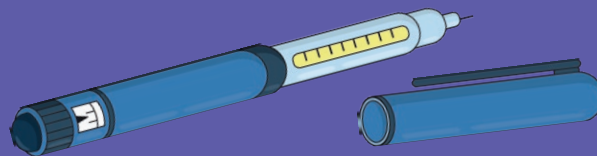


If you feel unwell or notice your glucose numbers are high, you should tell an adult how you feel straight away.



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 will need more insulin if you have ketones



An adult will be responsible for working this out.