



HYPOGLYCAEMIA

HOW TO **RECOGNIZE** LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)?

IF YOUR BLOOD GLUCOSE **GETS TOO LOW**, THIS IS CALLED HYPOGLYCAEMIA.

THESE ARE SOME OF THE THINGS YOU FEEL OR NOTICE WHEN YOU HAVE LOW BLOOD GLUCOSE:



SWEATING



VERY HUNGRY



RAPID HEART RATE



DIFFICULTY TO TALK CLEARLY



IRRITABILITY



DIZZINESS



TIREDDNESS



BLURRED VISION



CRYING WITHOUT
REASON



TREMBLING

SOMETIMES HYPOGLYCAEMIA
CAN GET VERY SERIOUS AND
YOU CAN FAINT OR HAVE
SEIZURES.



REMEMBER: THESE SYMPTOMS ARE NOT ALWAYS
BECAUSE OF LOW BLOOD GLUCOSE. ALWAYS TEST
YOUR BLOOD GLUCOSE LEVEL WHEN YOU FEEL
UNWELL. **DO NOT GUESS!**



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WHY DO I GET LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)?

YOU CAN GET LOW BLOOD GLUCOSE WHEN:



YOU HAVE TAKEN TOO MUCH INSULIN AT ONCE



YOU HAVE TAKEN AN EXTRA INSULIN INJECTION



YOU HAVE BEEN MORE PHYSICALLY ACTIVE THAN USUAL AND HAVE NOT ADJUSTED YOUR INSULIN DOSE.



YOU HAVE TAKEN YOUR INSULIN BUT HAVE NOT EATEN ENOUGH OR SOON ENOUGH OR YOU HAVE VOMITED.



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HOW TO **TREAT** LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)?

IF YOUR BLOOD GLUCOSE IS BELOW 70 MG/DL (4.0 MMOL/L) YOU HAVE TO TAKE ACTION QUICKLY.

HERE ARE THE STEPS YOU HAVE TO FOLLOW:



TAKE 1 TABLE SPOON OF HONEY

OR



DRINK HALF A CUP OF SWEET DRINK (E.G. FRUIT JUICE OR COLA)



REST FOR 15 MIN AND THEN CHECK THE BLOOD GLUCOSE

BLOOD GLUCOSE LEVEL < 70MG/DL (4.0 MMOL/L)

BLOOD GLUCOSE LEVEL > 70MG/DL (4.0 MMOL/L)

TAKE 1 TABLE SPOON OF HONEY OR DRINK HALF A CUP OF SWEET DRINK (FRUIT JUICE OR COLA)



REST FOR 15 MIN AND THEN CHECK THE BLOOD GLUCOSE



EAT A SNACK (E.G. 1 SLICE OF BREAD OR 1 APPLE) OR A MEAL (IF IT IS THE MAIN MEAL TIME)



PLEASE BE AWARE THAT IF THE BLOOD GLUCOSE LEVEL IS BELOW 40MG/DL (2.2 MMOL/L), YOU MUST GO TO THE HOSPITAL IN EMERGENCY.



IF SOMEONE IS EXPERIENCING SEIZURE OR IS UNCONSCIOUS DO NOT ATTEMPT TO FEED THEM AS THIS COULD PRESENT A RISK OF CHOKING.