<table>
<thead>
<tr>
<th>Product</th>
<th>Amount Equivalent to 20g carbohydrate</th>
<th>Quantity Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gluco Tabs</td>
<td>20g</td>
<td>5 tablets</td>
</tr>
<tr>
<td>Dextrosol</td>
<td>23.1g</td>
<td>7 tablets</td>
</tr>
<tr>
<td>Lucozade Original</td>
<td>110ml</td>
<td>⅓ of 380ml bottle</td>
</tr>
<tr>
<td>GlucoGel</td>
<td>50g</td>
<td>2 tubes</td>
</tr>
<tr>
<td>Jelly Babies</td>
<td>25g</td>
<td>4 sweets</td>
</tr>
<tr>
<td>Fruit Pastilles</td>
<td>22.5g</td>
<td>6 sweets</td>
</tr>
<tr>
<td>Ribena</td>
<td>160ml</td>
<td>½ of 288ml carton</td>
</tr>
<tr>
<td>Coca Cola</td>
<td>185ml</td>
<td>⅓ of 550ml bottle</td>
</tr>
</tbody>
</table>

Carbohydrate values sourced from manufacturer Feb 2007

HYPOGLYCAEMIA
(Low blood sugar)

To try to avoid this happening again it might be helpful to think about the following:

- Did you take too much of your diabetes medicine or insulin?
- Have you had your medication changed recently?
- Have you picked up a new prescription?
- Did you delay or miss a meal?
- Are you eating less than usual?
- Did you have an alcoholic drink?
- Did you take more exercise than usual or change your exercise?
- Has the weather been unusually hot?
- Are you feeling stressed?
- Have you been ill?

PREVENTION

Contact: Your local Diabetes Team

Information Leaflet for People with Diabetes

Treatment for hypoglycaemia is 10-20g of quick acting carbohydrate. The examples shown are 20g but you may find that 10g (half the quantity shown) is enough in some situations.
HYPOGLYCAEMIA

Hypoglycaemia, or ‘a hypo’, occurs when your blood sugar level falls below 4mmols.

Hypoglycaemia may occur as a complication of the treatment of diabetes resulting from certain tablets and insulin, but does not occur due to diabetes itself.

It is important to treat hypo’s promptly following the guidelines in this leaflet.

You will usually get warning symptoms but check your blood sugar on your meter to confirm a hypo. If you do not have your meter but feel hypo, then treat as a hypo.

If your meter reads 4mmols or under but you do not feel hypo, repeat the test. If it is still under 4mmols then treat as a hypo.

If your blood sugar is regularly low, please discuss this with your doctor or nurse.

If you feel hypo when your blood sugar is higher than 4mmols, discuss this with your doctor or nurse.

WHAT CAUSES IT?

• Too much insulin
• Delayed or missed meals
• Not enough food – especially carbohydrates
• Strenuous or unplanned exercise
• Unexplained causes, e.g. very hot weather

WHAT TO DO

Blood sugar below 4 mmols or ‘hypo symptoms’

Test ... Treat ... Test ... Eat ... Repeat

Step 1

Act Quickly! Stop what you are doing.

Step 2

Take 5-7 glucose tablets or 110mls of lucozade. Other options are shown overleaf.

Step 3

Wait 10 minutes.

Step 4

Re-test...

Above 4mmols or symptoms better
Eat a snack, e.g.:
2 to 3 biscuits
A small banana
A slice of bread

Below 4mmols or symptoms not better
Repeat from Step 1

Step 5

Test your blood sugar again in an hour.

If recovery is slower than expected, CALL 999

Do not drive for at least 45mins after recovery.

WHAT TO DO

Blood sugar below 4 mmols or ‘hypo symptoms’

Test ... Treat ... Test ... Eat ... Repeat

Step 1

Act Quickly! Stop what you are doing.

Step 2

Take 5-7 glucose tablets or 110mls of lucozade. Other options are shown overleaf.

Step 3

Wait 10 minutes.

Step 4

Re-test...

Above 4mmols or symptoms better
Eat a snack, e.g.:
2 to 3 biscuits
A small banana
A slice of bread

Below 4mmols or symptoms not better
Repeat from Step 1

Step 5

Test your blood sugar again in an hour.

If recovery is slower than expected, CALL 999

Do not drive for at least 45mins after recovery.