



TREATMENT OF A HYPOGLYCAEMIC (HYPO) EVENT

If you develop Hypo symptoms, do a blood glucose reading and if **less than 4.0** choose 1 of the items listed in Table 1, and eat, or drink the amount stated



Food or Drink	Amount	Can I change amount?
Jelly Babies	5	No
Dextrose Tablets	6	No
Glucogel Tube	2	No
Lift Fast Acting Glucose Shot	60mls (x 1 bottle)	No
Orange Juice or Coke (not diet)	200mls	No
Lift Fast Acting Glucose tabs	5	No

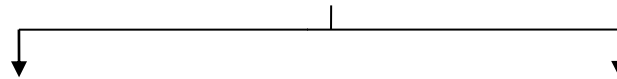
****Each of the quantities above contain 20 grams of fast acting carbohydrate****

Table 1 Fast Acting Carbohydrates (will potentially raise blood glucose by 1 to 3 points)

Sit down and wait 15 minutes



Re-Check blood glucose



If reading still less than 4



Repeat the fast acting glucose treatment again by choosing 1 item from Table 1.



Remain seated and wait for 15 minutes.



Recheck blood glucose.



Keep repeating the treatment until your blood glucose reading is 4 or more

4 or more



Have a snack
i.e. 1 medium sliced piece of toast or 1 piece of fruit (apple, banana, pear)

or

Eat your next meal if it is due within the hour



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Hypoglycaemia (Hypo)

What is a hypo?

A Hypo is blood glucose reading below 4.

How do I know that I am having a hypo?

You need to test your blood glucose reading when you develop symptoms.

What are the symptoms of a hypo?

- Sweating
- Shaking or trembling
- Light headed/feeling dizzy
- Tingling of lips

These are the more common symptoms. Be aware there are other symptoms that you may feel. This is why it is important to check your blood glucose.

If my blood glucose is less than 4 and I have no symptoms do I need to treat?

Yes.

Will I always get symptoms?

The longer you have diabetes you may notice the fewer symptoms you experience. This is normal and just means you need to check your blood glucose as advised.

Why can't I just have a snack if my blood glucose is less than 4?

Eating snacks may slow down your recovery from a hypo.

Can I drive after a hypo event?

Blood glucose needs to be above 5. You must wait 45 minutes before you drive after treatment of a Hypo event. **(Remember 5 to drive)**

I am having a lot of hypos, what do I do?

Two mild hypos per week are normal when you are trying for good control. However, if you are having more than two unexpected hypo per week, please contact your Practice Nurse, Doctor or Diabetes Specialist Nurse to discuss possible causes.