

HYPO SYMPTOMS

Blood Glucose Levels (BGL) 4 mmol/L or lower

Shaking



Sweating lots



Dizziness



Racing heart



Very hungry



Blurred vision



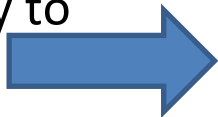
Bad headache



Pins and needles around mouth



Test BGLs and
treat early to
prevent



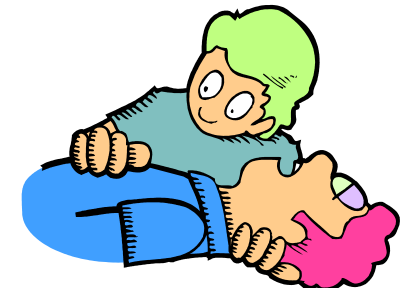
Can't concentrate



Unusual behaviour



Unconscious



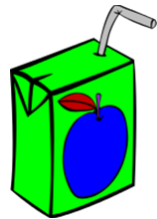
Step 1. Eat or drink something sweet straight away, such as
5-7 jelly beans



150mls soft drink (not diet)



125ml popper (juice)



3 teaspoons of sugar or honey



100ml Lucozade™



Glucose tablets or gel
– equivalent to 15 g carbohydrate



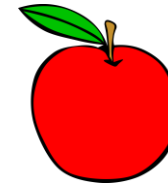
Step 2. Wait 15 minutes, then check your BGL.
You want it >4 mmol/L.



If still too low, repeat Step 1

Step 3. Then have some food or drink, such as

A piece of fruit



A slice of bread



A glass of milk or a small tub of yoghurt



**OR if your next meal is close
(within 15 minutes away),
just eat that meal**