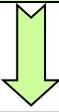
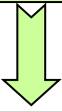
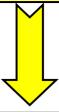
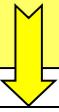


# Treatment of Hypoglycaemia

Hypoglycaemia is when your blood glucose level is less than 4.0mmol/l.  
Check your blood glucose level prior to treatment of hypoglycaemia.

MILD	MODERATE	SEVERE
If conscious and able to swallow	If conscious and able to swallow, but in need of assistance	If unconscious and unable to swallow
		
<p>Give 15g fast acting carbohydrate: - e.g.</p> <p>170ml Lucozade Energy 60ml (1 bottle) Gluco Juice/Lift 3 teaspoons glucose powder in 75ml water 4-5 glucose tablets</p> <p>.....</p> <p>150ml cola 300 ml original ready to drink Ribena 3 standard jelly babies 5 Starbursts 3 wine gums 1½ x 16g bags of Haribo Starmix</p> <p>.....</p> <p>150ml orange juice</p>	<p>Give 1 and a half tubes of glucogel or sports gel slowly squeezed into their mouth. <u>The gel should be swallowed.</u></p>	<p>Place patient in recovery position</p> <p>Call for the ambulance.</p> <p>If you have received training, give your GlucaGen (glucagon). Check your GlucaGen is still in date, it should be stored in the fridge.</p>
		
<p>Wait 10-15 minutes and recheck glucose levels, and record. If reading is still less than 4.0mmol/l, repeat process.</p> <p style="text-align: center;"></p>		<p>Once patient is conscious, follow treatment for moderate or mild hypoglycaemia depending on level of consciousness</p>
<p>When blood glucose level is above 4.0mmol/l, give a 10g carbohydrate snack e.g. a small piece of fruit, 1 digestive biscuit, 1 oat biscuit e.g. hobnob, 2 rich tea biscuits, 1 fig roll, 1 packet of mini cheddars or 1 box of raisins</p>		

**Remember the goal of hypoglycaemia treatment is to increase the blood glucose level to between 4.0mmol/l – 5.6mmol/l.**

## What is Hypoglycaemia?

Hypoglycaemia means low blood glucose. It is often called a “hypo” and is defined as a blood glucose level less than 4.0mmol/l. Some people don’t feel the symptoms of a hypo at this level but it is important to treat any levels less than 4mmol/l.

**The goal of hypoglycaemia treatment is to increase the blood glucose level to between 4.0mmol/l – 5.6mmol/l.**

### Signs and symptoms of hypoglycaemia:

There are many different signs and symptoms of hypoglycaemia and not everyone will experience them all. Below are some of the signs and symptoms that you may experience:

- Weakness
- Hunger
- Shaking
- Feeling sick
- Pale face
- Sweating
- Dizziness
- Large pupils/glazed expression
- Tingling around the mouth
- Behaviour changes e.g. irritability
- Emotional e.g. Crying inappropriately
- Visual disturbance
- Headache
- Tiredness

### Possible causes of hypoglycaemia:

- Too much insulin
- Too little food
- Physical activity
- Extremes of temperature e.g. Getting very hot or cold
- Stress

**Remember, if you experience any of the above signs and symptoms:**

- Check your blood glucose level.
- Treat your symptoms of Hypoglycaemia immediately.

Turn over this page to see how to correctly treat your hypo.