

Hypoglycaemia



How to treat a low blood glucose level when you have **type 2 diabetes** (adult)

What is hypoglycaemia?

A blood glucose level below 3.9 mmol/L (also known as a '**hypo**' or a '**low**').

What can cause a hypo?

If you take **insulin**, or medication called **Glipizide** or **Gliclazide** and you do not eat enough food, drink alcohol or have increased physical activity.

Common symptoms

Sweating, shaking, feeling anxious, hunger, anger, confusion, blurry vision, heart palpitations.



If you are unwell or have symptoms of hypoglycaemia?



Check your blood glucose level



Is it 3.9 mmol/L or lower?



How much do you weigh?



Less than 70kg



More than 70kg



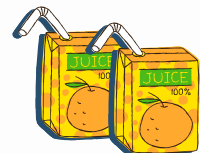
Have 15 grams of glucose



Have 30 grams of glucose



See examples on page 2



Wait 10-15 minutes, then check your blood glucose level again



Repeat the full process if your glucose is still 3.9mmol/L or lower



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Examples of 15 grams of glucose

If you have Type 2 Diabetes and **weigh less than 70kg**

- 9 small jelly beans
- 3 teaspoons of sugar (in water)
- HALF a can of (full sugar) fizzy drink
- 1 small juice box
- 1 hypo-fit gel
- 5 dextrose tablets
- 5 mentos lollies



Examples of 30 grams of glucose

If you have Type 2 Diabetes and **weigh more than 70kg**

- 18 small jelly beans
- 6 teaspoons of sugar
- FULL can of (full sugar) fizzy drink
- 2 small juice boxes
- 2 hypo-fit gels
- 10 dextrose tablets
- 10 mentos

