

# Hypoglycaemia



How to treat a low blood glucose level when you have **type 1 diabetes** (adult)

## What is hypoglycaemia?

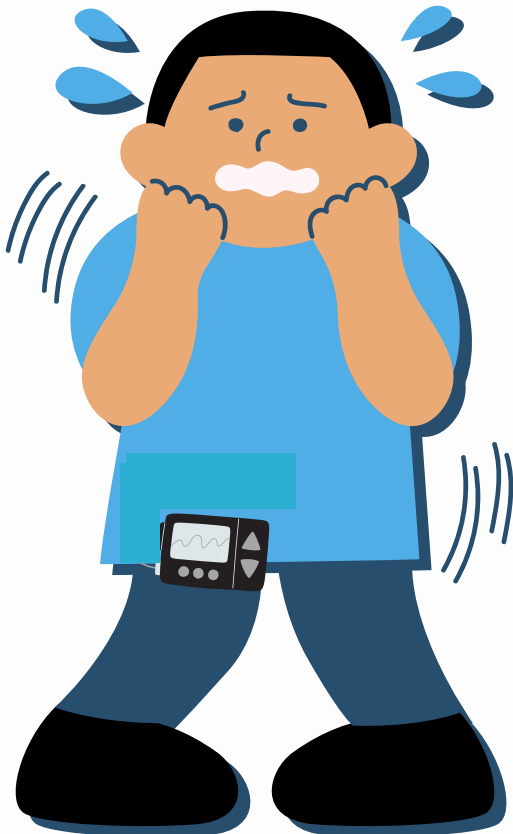
A blood glucose level below 3.9 mmol/L (also known as a '**hypo**' or a '**low**').

## What can cause a hypo?

If you take insulin or use an insulin pump 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 is your diabetes managed?



Automated insulin pump system



Multiple daily injections



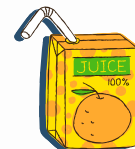
Have 5 to 10 grams of glucose



Have 15 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 5-10 grams of glucose

If you have Type 1 Diabetes and **use an AID insulin pump system**

3 to 6 small jelly beans

1 to 2 teaspoons of sugar (in water)

QUARTER of a can of (full sugar) fizzy drink

HALF a small juice box

HALF of a hypo-fit gel

2 to 3 dextrose tablets

2 to 3 mentos lollies



## Examples of 15 grams of glucose

If you have Type 1 Diabetes and **use multiple daily injections**

9 small jelly beans

3 teaspoons of sugar

HALF a can of (full sugar) fizzy drink

1 small juice box

1 hypo-fit gels

5 Dextrose tablets

5 mentos

