

## Treatment of Hypoglycaemia

Treat Hypoglycaemia (Hypo) when your blood glucose is **less than 4mmol/l**

Use 15g of fast acting carbohydrate e.g.

**1 small can (150ml)**



OR

**½ a 380ml bottle  
(Original or orange)**



OR

**½ a 500ml bottle**



**4-5 tablets**



OR

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OR

**6-8 Jelly Beans**



**3 Jelly Babies**



OR

**3 teaspoons of sugar**



**Check blood glucose level 15-20min after treating Hypo.**

**If blood glucose level is still less than 4mmol/l, repeat Hypo treatment.**

When your blood glucose level is within the normal range of 4-7mmol/l, you will need some slow-releasing carbohydrate food. Unless you are having your usual meal within the next 30min, you should have one of the following snacks:

**1 slice of multigrain bread**



**1 portion of fresh fruit e.g. apple, pear or peach**



OR

**3-4 Rich Tea biscuits**



**2 Digestives**



OR

**Small tub of yoghurt**



**Glass of milk**



OR