Hypoglycaemia

NSW Health — South Eastern Sydney Local Health District

What is hypoglycaemia?

Hypoglycaemia refers to a low level of sugar in your blood.
Low blood sugar is less than 4 (mmol/l).

What are the signs of low blood sugar?

Signs that your blood sugar is low include:

- Sweating
- Headache
- Feeling shaky, light headed or faint
- Hunger

What to do if you think your blood sugar is low?

If you measure your blood sugar level and it is less than 4 or if you have any of the symptoms listed above, you should:

1. Eat or drink some quick acting sugar immediately
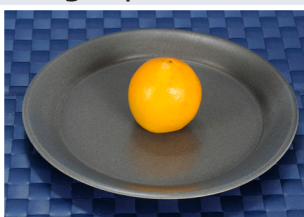
For example:

- 3 teaspoons of sugar, jam or honey
- 1 glass of fruit juice (fresh or bottled)
- 6-7 jelly beans or soft lollies/sweets

2. Have a carbohydrate snack (ie 15 grams of carbohydrate) or your regular meal if it is due.

These snacks contain 15g of carbohydrate:

- 1 piece of fruit (for example an apple, orange, pear)
- 1 glass of soy milk
- 2 biscuits
- 1/3 cup of cooked rice

3. Measure your sugar level 10-15 minutes after you have eaten to make sure they have gone up. If you are not feeling better, have another one of the suggested quick acting sugars, plus one of the snacks containing 15g of carbohydrate in the list above.

4. Identify what may have caused your low blood sugar level.

Did you:

- Not eat a meal
- Do too much physical activity or exercise
- Take too much insulin or diabetes tablets
- Drink alcohol

IMPORTANT

Always carry quick acting sugar, like those listed in step 1, above when away from home, exercising or driving.

低血糖症

什麼是低血糖症

低血糖症是指你的血液中的糖分水平低。低於 4（毫摩爾 /升）為之低血糖

低血糖有什麼徵狀？

低血糖的徵狀包括：
- 冒汗
- 頭痛
- 發抖、頭暈或快要昏厥的感覺
- 飢餓

如果你認為你的血糖水平低該怎麼辦？

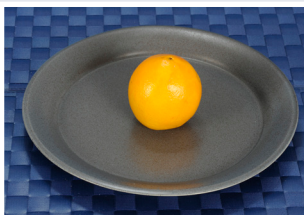如果你測量出來的血糖低於4或出現以上的病徵，你應

1. 立即喝或吃一些速效糖類

例如：
- 3茶匙食糖，果醬或蜂蜜
- 1杯果汁（新鮮或瓶裝）
- 6-7 粒糖豆或軟糖/糖果

2. 吃含有碳水化合物的小食（即15克的碳水化合物）或者時間剛好的話，可以吃正常的飯餐。

這些小食含有15克的碳水化合物：
- 1份水果(例如一個蘋果、橙、梨)
- 1杯豆奶
- 2片餅乾
- 1/3杯煮熟的米飯

3. 於進食後10-15 分鐘測量血糖以確保血糖水平已回升。如果還覺得不適，再吃一份所建議的速效糖類，另加上列其中一份含有15克碳水化合物的點心。

4. 找出可能造成血糖水平低的原因。

你是否：
- 沒有進餐？
- 做過量的體力活動或運動
- 使用過量的胰島素或糖尿病藥片
- 喝酒

注意

出門、運動或駕駛時，要經常攜帶以上列於步驟1 的速效糖類。