

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

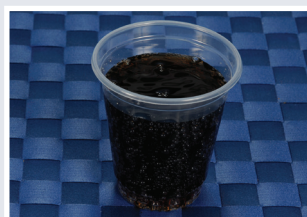
What to do if you think your blood sugar is low?

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 soft drink (for example Coke or Lemonade but not diet or light)
- 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 slice of bread
- 1 tub of 200ml of yogurt or 1 cup of yoghurt
- 1 piece of fruit (for example an apple, orange, pear)
- 1 glass of cow or soy milk
- 2 biscuits



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.