

# Hypoglycaemia



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

## What is hypoglycaemia?

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

## What can cause a hypo?

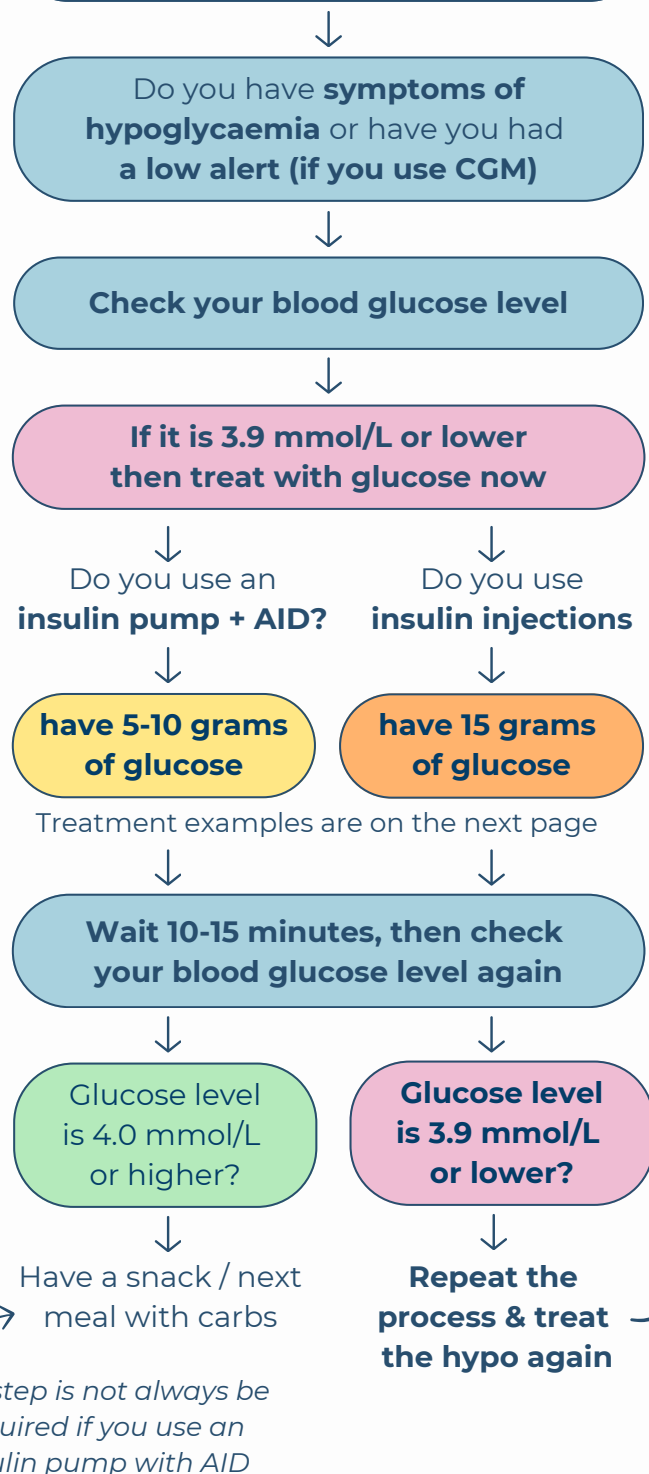
If you have too much **insulin**, eat less or miscount carbohydrate, or have increased physical activity. Illness, alcohol, weight loss & hormonal fluctuations can also cause hypos.

## Common symptoms

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



## How to treat Hypoglycaemia (Blood glucose 3.9 mmol/L or lower)



# Hypoglycaemia



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

## Examples of hypoglycaemia (hypo) treatment

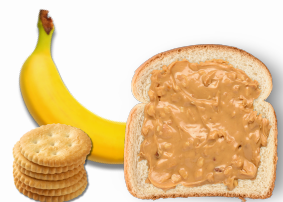
Treatment	5-10 grams	15 grams
Jelly beans 	4-6x Jelly beans	9x jelly beans
Sugar 	2x teaspoons of sugar	3-4x teaspoons of sugar
Juice box 	1x JustJuice Splash (6g)	1x Twist juice box (15g)
Glucose tablets 	2-3x tabs (3g each)	5x glucose tabs
Fizzy drink (full sugar) 	A THIRD of a 330ml can	HALF a 330ml can
Mentos 	2-4x mentos (2.5g each)	6x mentos
Hypofit gel 	Half a hypofit (9g)	1x Hypofit (18g)

## Examples of things that should NOT be used

- Hot drinks (these can take too long to drink)
- Chocolate, chocolate bars/biscuits (contain fat that slows down digestion)
- Fruit (contain fibre which slows down digestion)

## Examples of snacks that contain carbohydrate

- A piece of fruit (at least the size of your hand)
- 2-3 large Crackers or 6 small crackers (add cheese for protein)
- A piece of toast (add peanut butter for protein)
- A meusli bar or fruit bar



**People using insulin pumps with Automated Insulin Delivery (AID) may not require follow-up carbohydrate after treating hypoglycaemia**, as the algorithm will have already reduced or suspended basal insulin. This should always be individualised based on the cause of the low and insulin on board.