

# Hypoglycaemia



## How to treat a low blood glucose level when you have **type 2 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?

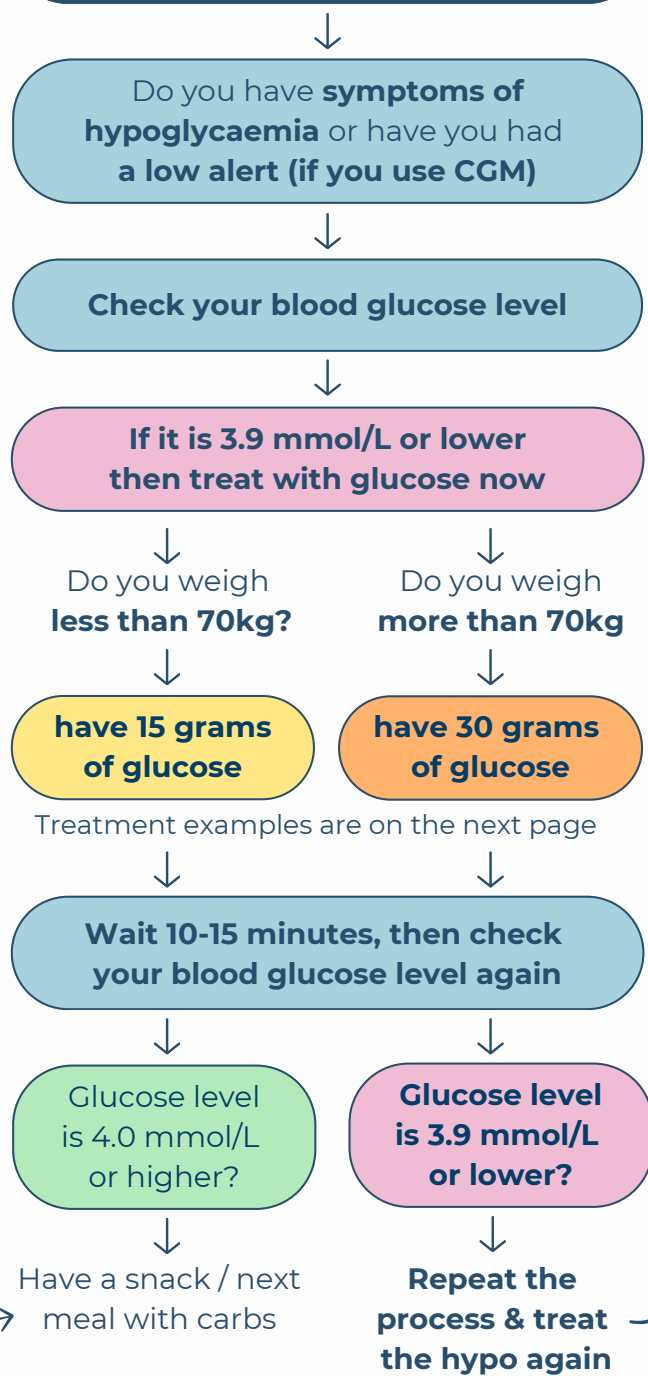
If you have too much **insulin**, eat less or miscount carbohydrate, or have increased physical activity. Illness, alcohol, weight loss & hormonal fluctuations can also cause hypos.

### 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)



Treatment examples are on the next page

*This step is not always required, talk to your healthcare team*

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## Examples of hypoglycaemia (hypo) treatment

Treatment	15 grams	30 grams
Jelly beans 	9x jelly beans	18x jelly beans
Sugar 	4x teaspoons of sugar	8x teaspoons of sugar
Juice box 	1x Twist juice box (15g)	1x Just Juice 250ml (25g)
Glucose tablets 	5 glucose tabs	10 glucose tabs
Fizzy drink (full sugar) 	HALF of a 330ml can	1 full 330ml can
Mentos 	2-4x mentos (2.5g each)	6x mentos
Hypofit gel 	1x Hypofit (18g)	2x 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



*When people treat hypoglycaemia with enough glucose, they may not always require follow-up carbohydrate, especially if you are having your next meal soon.. This depends on the cause of hypoglycaemia and your medication doses. The key thing is to keep checking your glucose regularly after a hypo.*