

Hypoglycaemia (blood glucose levels less than 4 mmol/L)

Some of the most common symptoms of a hypo include:

- Feeling dizzy
- Feeling hungry
- A sudden change in mood
- Feeling sweaty
- Finding it hard to concentrate
- Feeling anxious or feeling your heart beat fast

Hypos can be caused by one or more of the following:

- Too much insulin or other glucose-lowering medication
- Not eating enough carbohydrate foods
- Unplanned physical activity
- More strenuous exercise than usual
- Drinking alcohol without eating enough carbohydrate food

Step 1. Eat rapid-acting carbohydrate (sugary food or drink). Treatment of hypoglycaemia is weight-based.

- **If you weigh less than 70 kg, you need to eat 15grams of rapid acting carbohydrate (sugar).**
- **If you weigh more than 70kg, you need to eat 30grams of rapid acting carbohydrate (sugar).**

How to get 30 grams of rapid acting carbohydrate:

- ✚ 10 Dextro or vita glucose tablets or 6 BD glucose tablets
- ✚ 6 teaspoons of glucose powder
- ✚ 6 teaspoons of sugar dissolved in water
- ✚ 350 mL of fruit juice or non-diet/zero soft drink
- ✚ 18 jellybeans
- ✚ 2 tablespoons of honey
- ✚ 3 tablespoons of jam
- ✚ 2 Hypofit gels

Half of any of these options is 15grams of rapid acting carbohydrate.

Step 2. Wait 15 minutes and re-check blood glucose level. If glucose level < 4 mmol/L repeat steps above until glucose > 4 mmol/L

Step 3. Once glucose is > 4 mmol/L have a carbohydrate snack. For example: a slice of toast, 2 biscuits or crackers with cheese and recheck glucose levels in 30 minutes to make sure you are safe.

Source: <https://t2dm.nzssd.org.nz/Section-97-Management-of-hypoglycaemia>