

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?

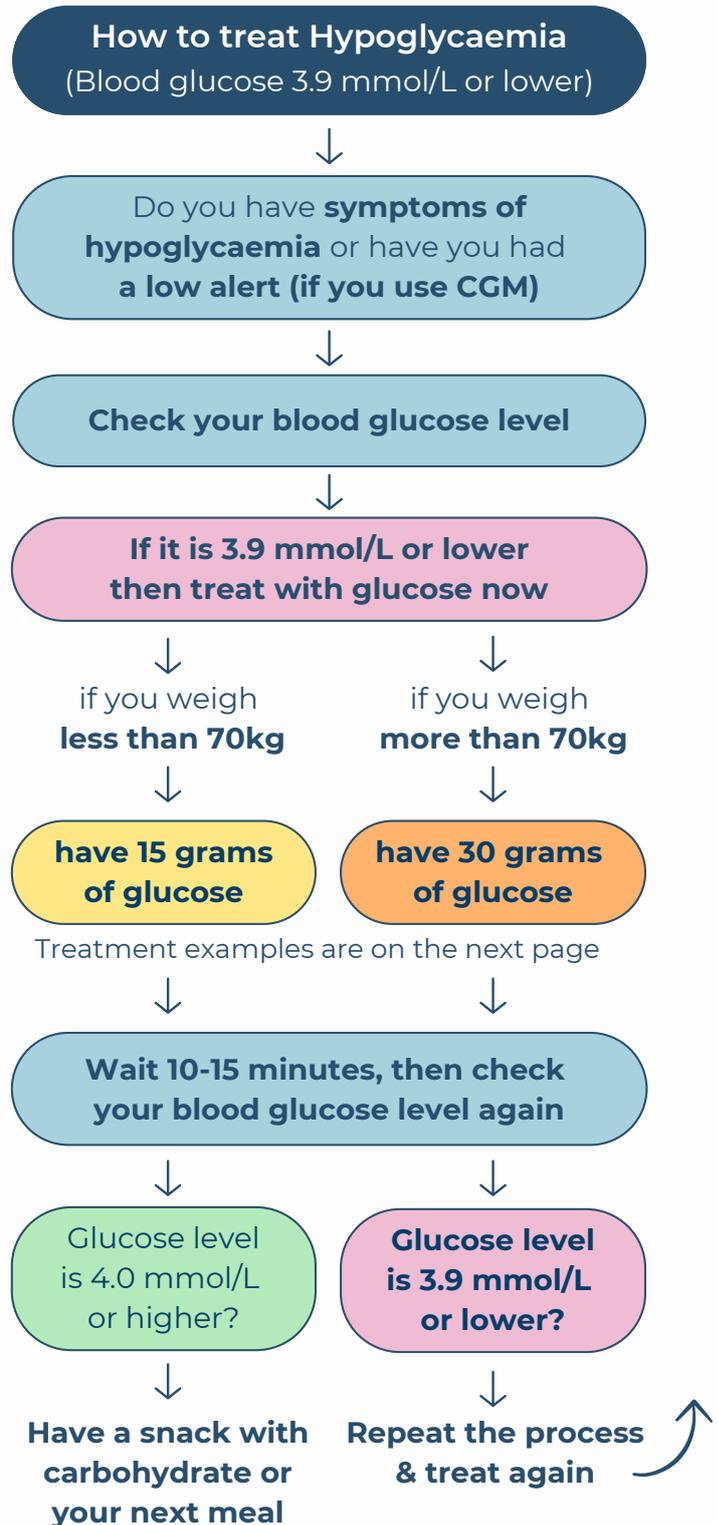
If you take **insulin**, or medication called **Glipizide** or **Gliclazide** and you do not eat enough food, drink alcohol or have increased physical activity.

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)



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Examples of hypoglycaemia (hypo) treatment

Treatment		15 grams	30 grams
Jelly beans		9 Jelly beans	18 jelly beans
Sugar		3 teaspoons of sugar	6 teaspoons of sugar
Juice box		1 Twist juice box	2 Twist juice boxes
Glucose tablets		5 glucose tabs	10 glucose tabs
Fizzy drink (full sugar)		HALF a can (330ml)	1 full can (330ml)
Mentos		6 mentos	14 mentos
Hypofit gel		1 Hypofit	2 Hypofit

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



Note: You might not always need to have an extra snack if you treat your hypoglycaemia with enough glucose, especially if you are planning to have your next meal soon. The key thing is to keep checking your blood glucose regularly.