

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

For people over 70kg

Hypoglycaemia is blood glucose levels less than 4 mmol/L. It needs to be urgently corrected by eating glucose.

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

How to treat your hypo while on the inControl Auto (closed loop) system:

Step 1. Eat 15 grams of rapid acting carbohydrate

How to get 15 grams of rapid acting carbohydrate:

- 5 Dextro or vita glucose tablets or 6 BD glucose tablets
- 3 teaspoons of glucose powder
- 3 teaspoons of sugar dissolved in water
- ½ can of fruit juice or non-diet/zero soft drink
- 9 jellybeans
- 3 teaspoons of honey
- 4 teaspoons of jam
- 1 Hypofit gel

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: Check that the inControl Auto system is ON in the app on your phone

Step 4: Contact Claire (027 330 3756) or Solita (027 328 4229) if you are getting regular hypoglycaemia or if you have a hypo where someone else needed to help you treat it.

Important: Don't over-treat your hypos. It will make your glucose levels unstable (because the system will respond to big carbohydrate loads by increasing the insulin).