

HOW TO RECOGNIZE LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)?

IF YOUR BLOOD GLUCOSE GETS TOO LOW, THIS IS CALLED HYPOGLYCAEMIA.

THESE ARE SOME OF THE THINGS YOU FEEL OR NOTICE WHEN YOU HAVE LOW BLOOD GLUCOSE:





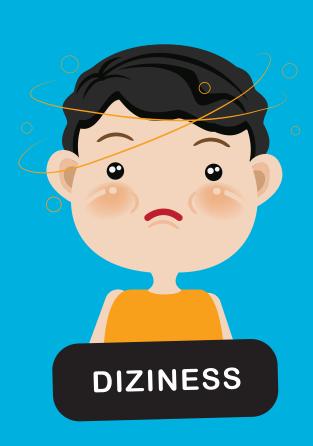




















SOMETIMES HYPOGLYCAEMIA CAN GET VERY SERIOUS AND YOU CAN FAINT OR HAVE SEIZURES.



REMEMBER: THESE SYMPTOMS ARE NOT ALWAYS BECAUSE OF LOW BLOOD GLUCOSE. ALWAYS TEST YOUR BLOOD GLUCOSE LEVEL WHEN YOU FEEL UNWELL. DO NOT GUESS!





WHY DO I GET LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)?

YOU CAN GET LOW BLOOD GLUCOSE WHEN:













HOW TO TREAT LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)?

IF YOUR BLOOD GLUCOSE IS BELOW 70 MG/DL (4.0 MMOL/L) YOU HAVE TO TAKE ACTION QUICKLY.

HERE ARE THE STEPS YOU HAVE TO FOLLOW:



OR

DRINK HALF A CUP OF SWEET DRINK (E.G. FRUIT JUICE OR COLA)







REST FOR 15 MIN AND THEN CHECK THE BLOOD GLUCOSE

BLOOD GLUCOSE LEVEL < 70MG/DL (4.0 MMOL/L)



BLOOD GLUCOSE LEVEL > 70MG/DL (4.0 MMOL/L)



TAKE 1 TABLE SPOON OF HONEY OR DRINK HALF A CUP OF SWEET DRINK (FRUIT JUICE OR COLA)





EAT A SNACK (E.G. 1 SLICE OF BREAD OR 1 APPLE) OR A MEAL (IF IT IS THE MAIN MEAL TIME)

PLEASE BE AWARE THAT IF THE BLOOD GLUCOSE LEVEL IS BELOW 40MG/DL (2.2 MMOL/L), YOU MUST GO TO THE HOSPITAL IN EMERGENCY.





IF SOMEONE IS EXPERIENCING SEIZURE OR IS UNCONSCIOUS DO NOT ATTEMPT TO FEED THEM AS THIS COULD PRESENT A RISK OF CHOKING.

