



Hypoglycaemia treatment

Step 1 - sugar (this is the most important step)





Have 15 grams of a fast-acting carbohydrate straight away.

Choose from these:



After 10-15 minutes, re-check your glucose level to make sure it is above 4.0 mmol/L*

If your glucose level is still below 4.0 mmol/L, repeat step 1

Product	Amount = 15 grams
	3-5 jellybeans
	½ can or 150mls of regular soft drink
	½ glass of fruit juice or 1 juice box (i.e. Prima)
	3 teaspoons sugar or honey

Step 2 - low G.I. carbohydrate

Once your blood glucose level is back up over 4.0 mmol/L, eat a slow-acting carbohydrate snack to prevent your glucose level dropping any further.

Choose from something like these:



*Your blood sugar level is read in mmol/L, which means millimoles per litre.