Hypoglycaemia





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, recheck 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
GUCOEL	3-5 jellybeans
ea Col	½ can or 150mls of regular soft drink
APPLE OF THE PARTY	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:













Disclaimer: This fact sheet provides general information only. For specific advice about your or your baby's healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you or your baby require urgent medical attention, please contact your nearest emergency department.

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