



## Hypoglycaemia

Low blood glucose levels

If you have gestational diabetes, you can sometimes have a drop in your glucose levels. If your levels become too low, you may develop hypoglycaemia.

### What is hypoglycaemia?

- Hypoglycaemia is when your blood glucose (sugar) level falls below 4.0 mmol/L\*.
- Hypoglycaemia is often called a 'hypo'.

### What causes hypoglycaemia?

There can be a number of causes that may cause hypoglycaemia. These include:

- delaying or skipping a meal
- not eating enough carbohydrate
- doing more exercise or activity than usual
- too much insulin
- your placenta may not be working properly.

### What should I do after treating my hypo?

If you have gestational diabetes, you can have a drop in your glucose levels for several reasons. If there is an obvious reason for the hypo occurring, such as delaying or skipping a meal, you shouldn't worry.

If you have three or more hypos and there is no obvious reason for it, contact our diabetes educators. They can talk with you, answer any of your questions or concerns, and make sure that you and your baby are healthy.

### Do you need an interpreter?



Interpreter

If you need an interpreter, remember you can ask for one.

### For more information

#### Diabetes Educators

8am–3pm Monday to Friday

T: (03) 8345 2153 or

T: (03) 8345 2000 - Ask to have the Diabetes Educator paged

#### After hours contact

Women's Emergency Care

T: (03) 8345 2000

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

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