

# HYPO TREATMENT

IF YOU HAVE DIABETES AND YOUR BLOOD SUGAR IS BELOW 4MMOL/L:



#1

Drink something that will raise your blood sugar quickly: shot glass of Cola, juice box, 5 glucose or dextrose tablets or 4-5 large jelly babies. Less than this might not help, more than this might be too much

#2

Check your blood sugar after 10 to 15 minutes

#3

If your blood sugar is still below 4mmol/L, repeat the above and check again after 10 minutes.

#4

Once your symptoms have improved and your blood sugar is above 4mmol/L, eat something that will keep your blood sugar up for longer, such as some biscuits, a sandwich, or your next meal if it's due

