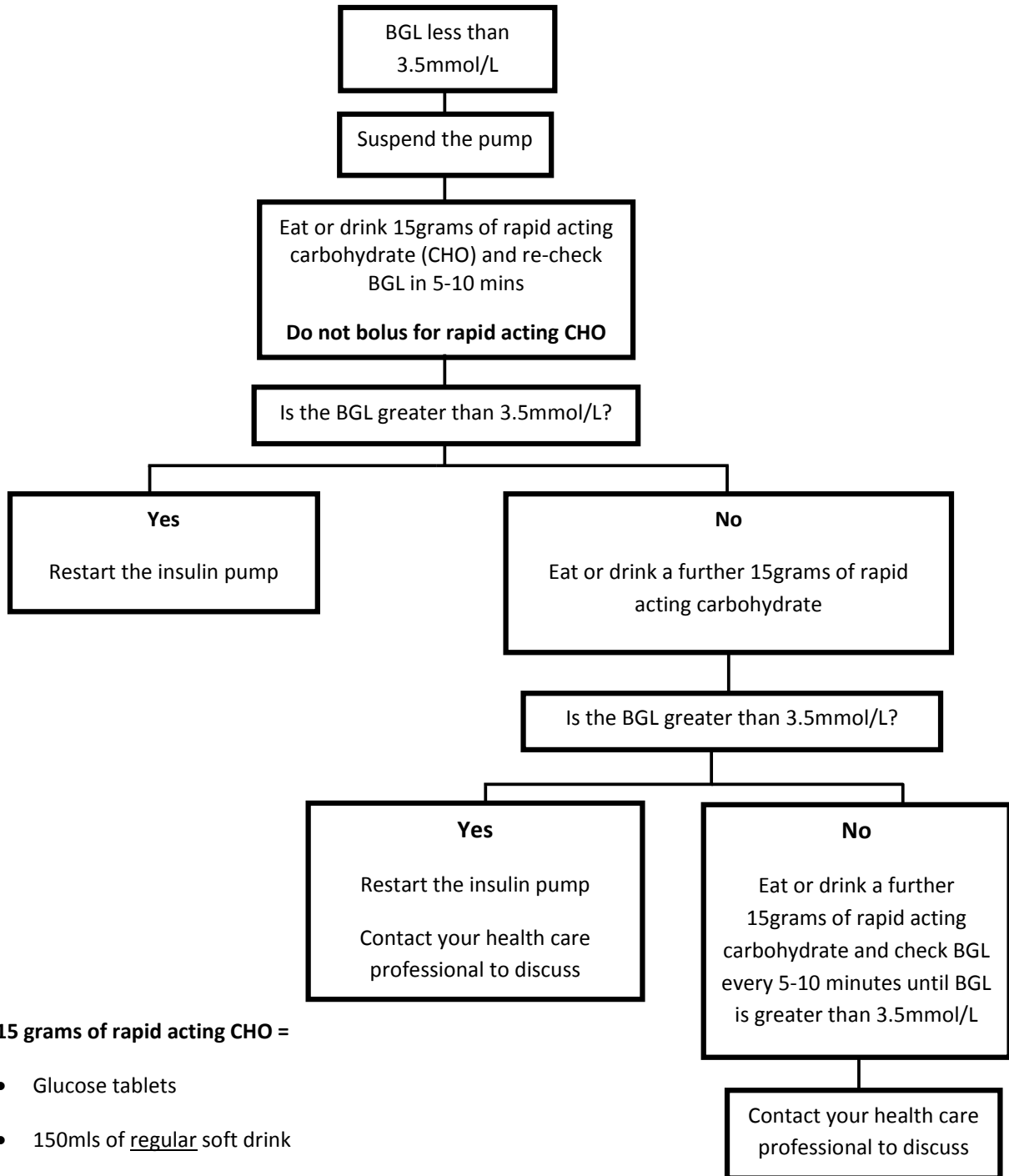


Management of Hypoglycaemia



15 grams of rapid acting CHO =

- Glucose tablets
- 150mls of regular soft drink
- 1 tube of glucose gel
- 5 large jelly beans
- 100mls of Lucozade

Note: Once you have a low glucose level, you may be at risk for having another low glucose level within the next hour. A meal or snack may be advised within an hour after treating a low. Speak to your health care provider about your plan for eating meals and or snacks after treating low glucose levels.

THE MANAGEMENT OF HYPOGLYCAEMIA

Things to remember if a single blood glucose level (BGL) is below 3.5mmol/L:

- **SUSPEND PUMP:** This is to ensure that no insulin is being delivered until the BGL is above 3.5mmol/L. Suspending the pump also stops insulin from being delivered if BGLs continue to fall. Do not restart the pump until the BGL is above 3.5mmol/L.
- Ensure that your family/partner/friend are aware of how to manage a hypo in the event that you are unable to manage it yourself. This also includes instructing them on how to disconnect the pump line to stop the delivery of insulin.
- Each of the following contains 15 grams of fast acting carbohydrate and is appropriate for the treatment of hypoglycaemia. Ensure that you have access to at least one of these foods at all times:
 - 5 large jelly beans
 - 150 mls Lemonade (not diet)
 - 100mls Lucozade
 - 1 tube of glucose Gel (check label)
 - Glucose tablets (three five-gram tablets or four four-gram tablets - always read the label)
- Once you have a low glucose level, you may be at risk for having another low glucose level within the next hour. A meal or snack is usually advised within an hour after treating a low. Speak to your health care provider about your plan for eating meals and or snacks after treating low glucose levels.