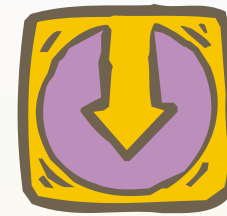




If you have a problem  
please do not hesitate to contact

Your own GP  
Diabetes Team



For patients  
on insulin

# Hypoglycaemia



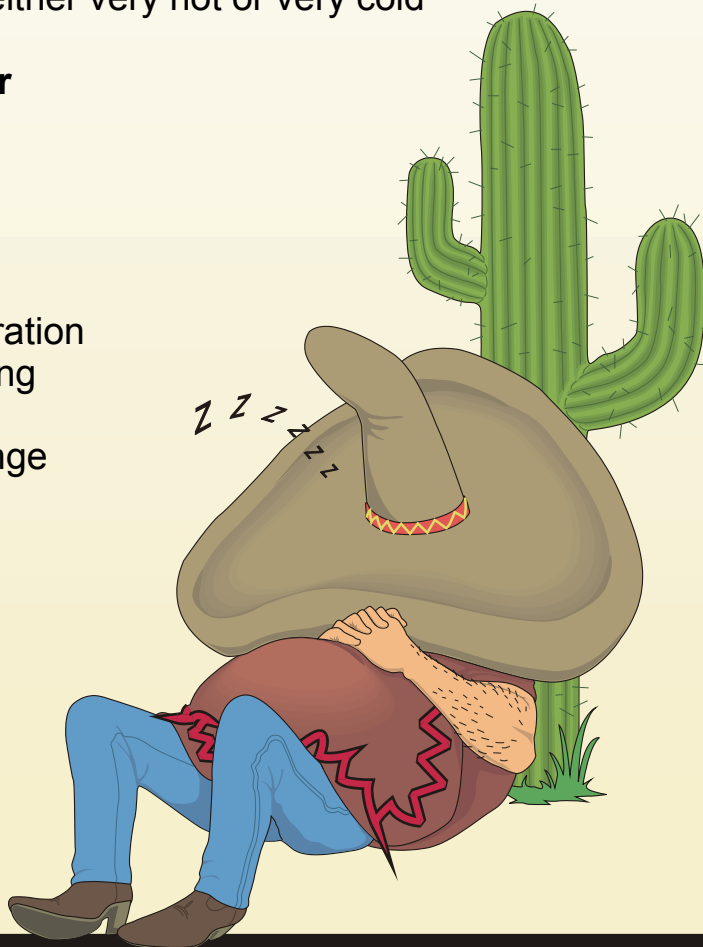
## Hypoglycaemia

'Hypo' is a word we use to describe low blood sugars which occur when:

- There is too much insulin in the body
- You have not eaten enough food
- You have done more exercise than usual
- You have delayed a meal
- Sometimes when you are worried
- The weather is either very hot or very cold

### What to watch out for

- Sweating
- Tingling lips
- Hunger
- Paleness
- Lack of concentration
- Difficulty in waking
- Headache
- Personality change
- Irritability



### What to do

- Have fast action sugar such as æ glucose tablets, eg. Dextrasol/Lucozade or sugary Coke or Lemonade
- If this is not successful someone can put Hypostop in the inside of the cheeks and massage them on the outside
- If unconscious, glucagen can be injected into the buttocks

**YOU MUST ALWAYS FOLLOW THESE STEPS BY HAVING A MEAL OR CARBOHYDRATE SNACK SO THAT BLOOD SUGAR LEVELS DO NOT FALL QUICKLY AGAIN.**

If none of these steps are successful the doctor or hospital should be contacted.  
Do not give fluids if someone is unconscious

### How to try and avoid hypos

- Plan your meals and exercise if you can. For example if you know you are going to do more exercise, you can reduce your insulin a little and eat more carbohydrate before and afterwards.
- Always carry your fast acting sugar with you and know where there is a carbohydrate meal or snack available.