

This plan is intended to act as a guide only. It does not take into account individual needs or circumstances. If in any doubt, always consult the patient's General Practitioner.

HYPOGLYCAEMIA INFORMATION

LOW BLOOD SUGAR

**If patient is not diabetic,
consider other conditions as a cause of symptoms**

WATCH FOR

- Excessive sweating, faintness
- Headache
- Pounding of heart, trembling
- Impaired vision
- Hunger
- Irritability and unusual behaviour
- Falling blood glucose levels

WHAT TO DO

- 1** Confirm blood glucose level with self blood glucose monitoring, normal level > 4.
- 2** Give sugar, honey, sweets or sugar drink (eg: lemonade, cordial).
- 3** Eat sandwiches, biscuits or fruit soon after taking sugar.
- 4** If no improvement in blood glucose level or if symptoms persist after 10 minutes, repeat steps 2 and 3.
- 5** Call for help if no improvement after 15 minutes.

CAUSES

- Unusual amount of exercise
- Not eating enough food
- Too much alcohol
- Too much insulin or tablets

WHEN IN DOUBT GIVE SUGAR.

Sources: St Vincent's Hospital, Melbourne. June 2006