

DIABETES

Checklist for Hypoglycaemia (Low Blood Sugar)



What You Should Know, What You Should Do

Hypoglycaemia can happen even during those times when you're doing all you can to manage your diabetes. So, although many times you can't prevent it from happening, hypoglycaemia can be treated before it gets worse.



Check any of the following symptoms of hypoglycaemia that you experience and bring this sheet to the next visit with your health care professional

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|-----------------------------------|--|----------------------------------|
| <input type="radio"/> Shakiness | <input type="radio"/> Weakness | <input type="radio"/> Sleepiness |
| <input type="radio"/> Hunger | <input type="radio"/> Grouchiness | <input type="radio"/> Dizziness |
| <input type="radio"/> Nervousness | <input type="radio"/> Light-headedness | |
| <input type="radio"/> Anxiety | <input type="radio"/> Confusion | |

Take action if you have low blood sugar

1. If your blood sugar is below 3.9 mmol/l or if you feel any of the above signs, take ONE of the following quick-fix foods:
 - Five to six sweets such as jelly beans
 - One half-cup fruit juice or regular (not diet) carbonated soft drink
 - One tablespoon sugar, jam or honey
 - Three glucose tablets (available without a prescription at most pharmacies)
2. Wait 15 minutes. Check your blood sugar again.
3. If your blood sugar is still below 3.9 mmol/l or if you do not feel better, repeat step 1 every 15 minutes until your blood sugar is 3.9 mmol/l or above.
4. If your next meal is 1 hour or more away, eat a snack once your quick-fix foods have raised your blood sugar to 3.9 mmol/l or above.
5. Seek professional help if you do not feel better or if your blood sugar stays low (below 3.9 mmol/l).
6. Call your doctor if you experience low blood sugar several times in a week.

**For further information on
diabetes please contact:**



Diabetes Helpline
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