

# Hypoglycaemia

Glucose level less than 4mmol/l

## Common causes of hypoglycaemia

- **Too much insulin** (and/or some diabetes tablets)
- **Not enough carbohydrate** in a meal or snack
- **More physical activity** than planned
- **Alcohol**

*A hypo during the previous 24 hours may increase the risk of further hypos. Any hypos can lead to unpredictable glucose readings over the next 24 hours due to the body releasing various hormones in response to the low glucose level.*

## Symptoms of hypoglycaemia



**SHAKING**



**SWEATING**



**IRRITABLE**



**WEAKNESS,  
FATIGUE**



**FAST HEARTBEAT**



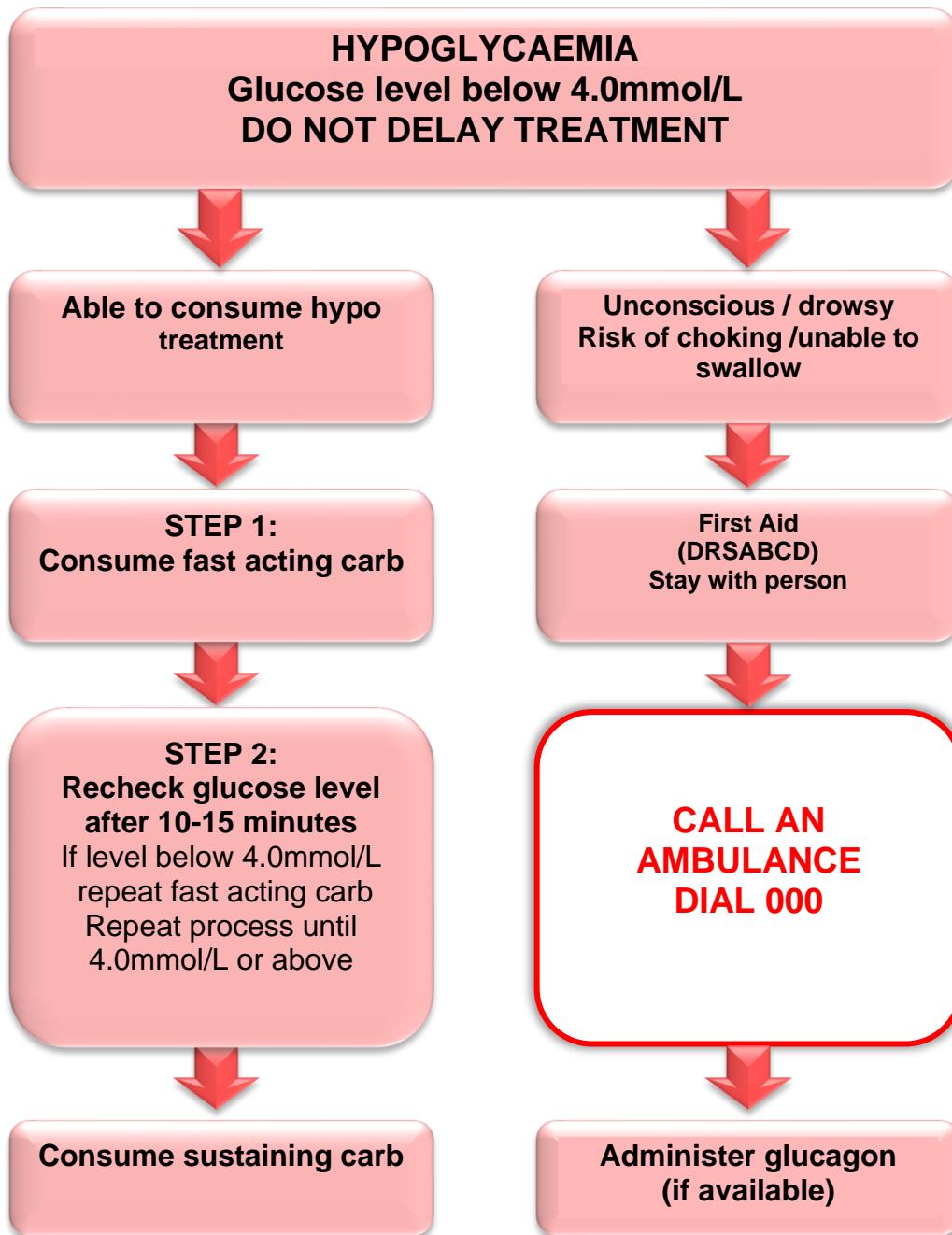
**ANXIOUS**



**HUNGER**



**DIZZINESS**



FAST ACTING CARBOHYDRATE OPTIONS		
Aged less than 4 years	Aged 4-10 years	Aged greater than 10 years
7.5g carb	10g carb	15g carb
2 Glucose Tablets (if 4g carbohydrate each)	2 ½ Glucose Tablets (if 4g carbohydrate each)	4 Glucose Tablets (if 4g carbohydrate each)
75ml non-diet soft drink	100ml non-diet soft drink	150ml non-diet soft drink

SUSTAINING CARBOHYDRATE OPTIONS		
Aged less than 4 years	Aged 4-10 years	Aged greater than 10 years
7.5g carb	10g carb	15g carb
Next meal (if being served within 30 mins)	Next meal (if being served within 30 mins)	Next meal (if being served within 30 mins)
125mL plain milk (GF)	165mL plain milk (GF)	250mL plain milk (GF)
½ slice bread – wholemeal or wholegrain	2/3 slice bread – wholemeal or wholegrain	1 slice bread – wholemeal or wholegrain
1 plain biscuit* (arrowroot)	1 plain biscuit (nice)	2 plain biscuits* 1 piece of fruit*