



HYPOGLYCEMIA SYMPTOMS

SWERTING	FATIGUE	DIZZINESS	CONFUSED	BEING PALE	CONVULSIONS
FEELING WEAK	BLURRED VISION	INCREASED APPETITE	LOSS OF CONSCIOUSNESS	INCREASED HEART RATE	IN EXTREME CASES COMA

Always treat a hypo quickly!

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If 3.9mmols/L or less.

Treat

Wait 15 minutes



If 5.6mmols/L and above

Great, but contact your keyworker if this is a pattern.

If 5.6mmols/L and above BUT before or after exercise, too much insulin has been given or previous hypo in 24hrs

Follow with a snack



If 5.5mmols/L and below

Re-treat



