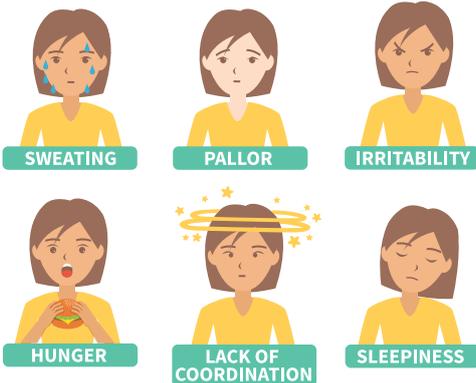




## 4. HYPO GLYCAEMIA

### POSSIBLE SYMPTOMS



### Carbohydrate Table

#### Fast-acting Carbohydrates

**10g**  
 3 Dextrose tabs  
 100ml juice  
 100ml sugary drink  
 2 Jelly babies

**15g**  
 5 Dextrose tabs  
 150ml juice  
 150ml sugary drink  
 3 Jelly babies

#### Slow-acting Carbohydrates

**10g**  
 2 Crackers  
 1 Digestive

**20g**  
 4 Crackers  
 2 Digestives  
 Small banana  
 1 slice of bread

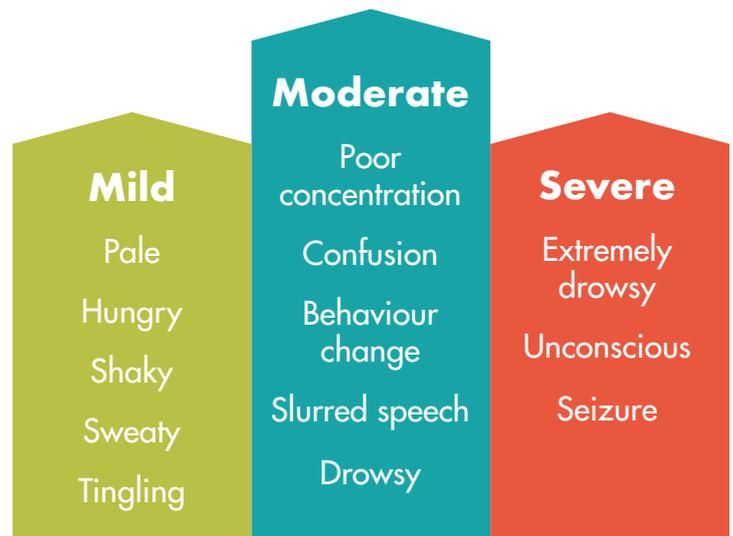
Note: many drinks manufacturers are reducing the sugar content of their products. It is important to check your hypo remedy regularly to ensure carb content is appropriate.

### What is Hypoglycaemia?

Hypoglycaemia, also known as 'Hypo', is a low blood glucose reading less than 4mmols.

### Symptoms

Hypos can be mild, moderate or severe.



### Treating Mild/ Moderate Hypo

(Blood Glucose less than 4 mmols/L)

#### Step 1:

Give 10-15g of fast acting carbohydrate.

#### Step 2:

Wait 10-15 minutes and then recheck blood glucose.

#### Step 3:

