



LOW BLOOD GLUCOSE

Hypoglycaemia | Here's What To Do



If your blood glucose level is less than 4.0 mmol/L
Apply the 15/15 Rule

SIGNS & SYMPTOMS?

Flip over to check



Step

1

**Take
15g
Carbohydrates**

Eat or drink fast-acting carbohydrates immediately



4-5 Glucose tablets

OR



3 Teaspoons Sugar with half cup water

OR



**1/2 Can Soft Drink
150ml - 200ml**

OR



**1/2 Glass Fruit Juice
150ml**

Avoid using these types of foods to treat low blood glucose, as it will take too long to increase your blood glucose levels:



Any food or drink containing fat or protein



Any item that requires a lot of prolonged chewing/sucking

If your blood glucose level is **less than 2.8 mmol/L** →

**Take
30g
Carbohydrates**

Step

2



**Recheck your blood glucose level in
15 minutes**

Step

3

If your blood glucose level indicates **less than 4.0 mmol/L**, **repeat Steps 1 to 3.**

OR

If your blood glucose level indicates **4.0 mmol/L and above**, **proceed to Step 4**

Step

4

If your next meal is more than 1 hour away, consume a snack containing 15g of long-acting carbohydrates.



1

Slice of Bread

OR



3

Pieces of Biscuits



If you are experiencing frequent hypoglycaemia, check your blood glucose more frequently, treat hypoglycaemia promptly, and seek early medical attention.

More on:

HealthXchange.sg



Blood Glucose Tracker is now on:



HealthBuddy



SingHealth **DukeNUS**
ACADEMIC MEDICAL CENTRE

Diabetes Centre