

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



Take 15g Carbohydrates

Eat or drink fast-acting carbohydrates immediately

OR







3 Teaspoons Sugar with half cup water



1/2 Can Soft Drink

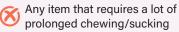


1/2 Glass Fruit Juice

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

OR

Any food or drink containing fat or protein



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



Take
30g
Carbohydrates





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

OB

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



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



1 Slice of OR Bread



3 Pieces of Biscuits



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









