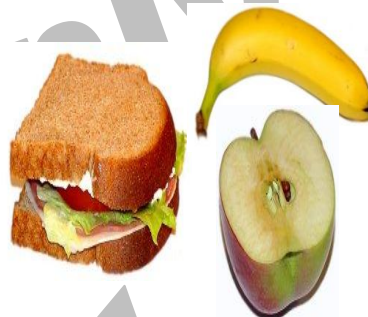


## How should I treat a HYPO?

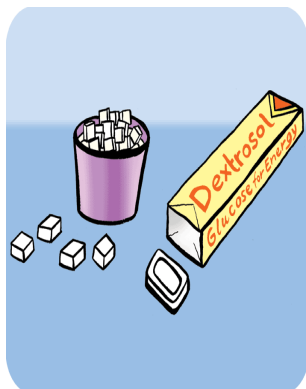
QUICK ACTING CARBOHYDRATE or SLOW ACTING CARBOHYDRATE



2 teaspoons  
of sugar in  
water  
OR 100mls  
lucozade  
OR fizzy drink



Sandwich  
OR  
Fruit



OR 3-4  
glucose  
tablets or  
Glucogel



Your next  
Meal if  
due



OR 4-5 Soft  
Sweets



OR glass of  
milk & a  
biscuit

Concentrated sugary foods (quick acting carbohydrate) will raise the blood sugar level quickly.

This must be followed by a slow acting carbohydrate to help stop The blood sugar level falling too low again.

## Information for Patients

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### Hypoglycaemia – definition, causes and action

#### WHAT IT MEANS

1. Low blood sugar (glucose) below 4 mmol/L
2. You might experience
  - Shakiness
  - Increased sweating
  - Rapid pulse rate
  - Tingling in the mouth
  - Feelings of hunger

#### Others might notice

- Mood changes
  - Irrational behavior
  - Lack of concentration
  - Irritability
3. If not treated promptly you could become confused or lose consciousness. You would then require Emergency help

#### WHAT CAUSES IT

- Too much insulin.
- Incorrect dose/ type of tablets.
- Delayed or missed meals.
- Not enough food – especially carbohydrate
- Strenuous or unplanned exercise/ activity.
- Drinking alcohol without food.
- Unexplained causes

#### ACTION SHORT TERM – ACT PROMPTLY

1. If possible check Blood sugar level.
2. Take sugar or sugary drink immediately
3. Follow this with a snack or meal

#### IF CONDITION DOES NOT IMPROVE CALL A DOCTOR

## Information for Patients

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### LONG TERM – If hypos are Frequent/persistent

1. Discuss the problem with your Dr or diabetes nurse. Your insulin or tablet dosage may need to be altered
2. Carry sugar or glucose tablets wherever you go.
3. Reduce insulin/tablets before planned exercise.
4. Wear ID which states you have diabetes

### Contact us:

If you have any queries please ask when you come to your clinic appointment. Should you need to contact us for any reason our direct line telephone number is 0121 424 1176.

### Additional Sources of Information:

You may want to visit the Health Information Centre located at the Main Entrance at Birmingham Heartlands Hospital, Tel: 0121 424 2280, Email: [healthinfo.centre@heartofengland.nhs.uk](mailto:healthinfo.centre@heartofengland.nhs.uk)

### Diabetes UK

Telephone: 0845 120 2960 or visit them on the internet at <http://diabetes.org.uk>

### NHS Direct

Telephone 0845 4647 or visit them on the Internet at <http://www.nhsdirect.nhs.uk>

**Please use the space below to write down any questions you may want to ask:**

### Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will always ask you for your consent if we need to use information that identifies you. We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. You can help us by pointing out any information in your records which is wrong or needs updating.