

Treatment of Hypoglycaemia

Treat Hypoglycaemia (Hypo) when your blood glucose is less than 4mmol/l

Step 1 : Use 15g of fast acting carbohydrate e.g.

1 small can (150ml)



OR

½ a 380ml bottle
(Original or orange)



OR

½ a 500ml bottle



5-7 tablets



OR

4-5 tablets



OR

6-8 Jelly Beans



5 Jelly Babies



OR

3 teaspoons of sugar



200ml of pure fruit juice



- Check blood glucose level 15-20min after treating Hypo.
- If blood glucose level is still less than 4mmol/l, repeat Hypo treatment.

Step 2 : When your blood glucose level is within the normal range of 4-7mmol/l, you will need 15-20g slow-releasing carbohydrate food. Unless you are having your usual meal within the next 30min, you should have one of the following snacks:

1 slice of multigrain bread



1 portion of fresh fruit e.g. apple, pear or peach



OR

3-4 Rich Tea biscuits



2 Digestives



OR

Small tub of yoghurt



Glass of milk



OR

Developed by Diabetes Specialist Dietitians, Hackney Diabetes Centre
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