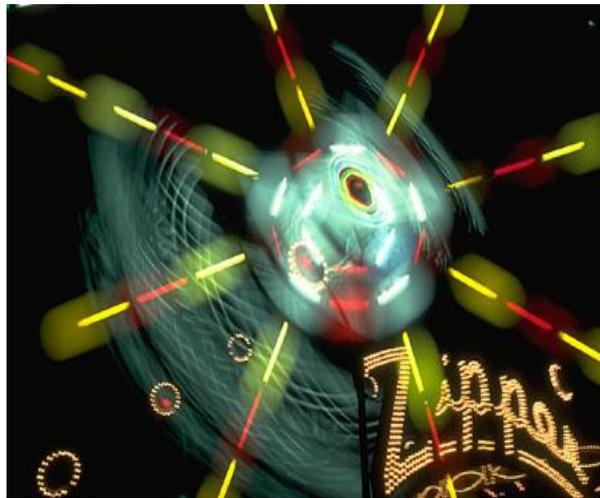


# Hypoglycaemia (Hypo's)



Information leaflet

## **Hypoglycaemia**

Hypoglycaemia (hypo) is the medical term for low blood glucose (sugar). This occurs when your blood glucose falls too low – usually below 4.0mmol/l.

### **What causes hypos?**

- Being late with a meal
- Missing a meal or snack
- Not taking enough carbohydrate (starchy) food
- Taking more exercise than normal without eating extra carbohydrate
- Taking too much insulin
- Drinking too much alcohol or drinking alcohol without food
- If you have experienced extremes in temperature, either hot or cold.

**Symptoms vary from one person to another but can include the following:**

- Shaking or trembling
- Feeling very hungry or having hunger pangs
- Tingling sensation around the mouth
- A pounding heart beat
- Blurred vision

**If you miss these symptoms they may get worse**

- Feeling cold, clammy and sweaty
- Unable to think properly (confused)
- Feeling light headed or dizzy
- Slurred speech
- If you do not treat at this stage you may become unconscious

## Treating Hypoglycaemia (Hypo)

### Treat Immediately with either:

150ml (small can of fizzy drink)

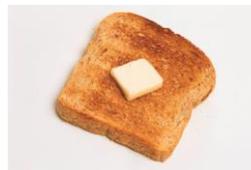
200ml carton fruit juice

4-5 glucose tablets, 5-6 dextrose tablets, 4 jelly babies

You should start to feel better within about 10 minutes after

If still low repeat treatment

You should then have some longer acting carbohydrate such as a piece of toast, fruit, biscuits, a scone or a cereal bar. This will help to make sure your blood glucose does not drop too low again.



## Driving and Hypo's

If you have had a hypo you should wait a minimum of 45 minutes after the episode of hypoglycaemia and feel better before driving. Do not drive until your blood glucose is above 5.0mmol/l. If you are driving a long distance you should stop and check your blood glucose regularly and take a snack as required.

**Note:** If you are having problems with hypo's please contact your diabetes nurse or GP to discuss.



Useful Contact Numbers:

Diabetes Education Centre  
01246 512113

Dietetics Department  
01246 512173

Outpatient appointments  
01246 516090

NHS Direct  
08454647

Chesterfield Royal Hospital  
NHS Foundation Trust



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