

## Hypoglycaemia

When I'm low, if I'm in the 3's, I'll feel the same as I normally do if I'm in range, but if I go below 3 then I begin to get really sweaty.

I crave orange dextro tablets, nothing else just orange dextro tablets. I get sleepy. I get shaky, then my eyesight goes. I begin to twitch and tick. I can't say any words properly, it just sounds like babble basically.




Some of the common symptoms of low blood glucose levels are:

- Feeling hungry.
- Feeling shaky.
- Loss of concentration.
- Feeling dizzy.

If you have a hypo, the common treatments are:

- Glucose tablets.
- Glucose drink.



You need to check your blood glucose levels to ensure you are still not hypo and to ensure normal glucose levels have been restored or to continue to treat the hypo if required.

You need to carry hypo treatments with you so you can treat low blood glucose quickly. It is also important to tell others about how to use the treatment so they can help you if needed.



A glucagon injection is used in an emergency. My parents revise how to use glucagon every year and check the expiration date in case we need a replacement.