

## Hypoglycaemia

I'm hypo when I'm 3.6mmol/L or below. Some people use 3.9mmol/L or below.

**When I go low, I feel:**

- Dizzy
- Sweaty
- Thirsty
- Shaky

**This could be because of:**

- Taking too much insulin with meals.
- Doing lots of exercise.
- Hot weather.
- Missing a meal.

I can correct my hypo by having some glucose tablets or a sugary drink.

I need to check my blood glucose level fifteen minutes after treating a hypo, to see if I'm recovering.



I might need a snack after a hypo if my next meal is more than one or two hours away.

I can't always rely on the warning signs or symptoms, so I should check my glucose levels often.

