

## Hypoglycaemia

When I'm low, I feel shaky and sweaty and very faint. Personally, I can feel myself going low about five minutes before, feeling tired or hungry before actually going low.

If I'm going low then I need to check my blood glucose levels straight away and if I am low I need to treat it immediately.



**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 carry hypo treatments with you so that you can treat it quickly when needed. It's also important to tell others about how to use the treatments so that they can help you if needed.

I carry identification with me that lets people know I have type one diabetes and how to help me in an emergency. This helps explain the treatment that I need in case I'm unable to communicate it effectively.



A glucagon injection is used in an emergency when you have a severe hypo. I need to revise how to use it every year and check the expiration date in case I need to replace it.