

Low blood glucose levels: quick guide

What is a low blood glucose level?

- A low blood glucose (sugar) level is a level below 4.0 mmol/L.
- This is also called hypoglycaemia or a hypo.
- Not everyone with diabetes gets low blood glucose levels. Ask your doctor if you are at risk.

Symptoms of a low blood glucose level

If you notice any of these symptoms, check your blood glucose level right away.



Feeling weak, shaking or trembling



Hard to concentrate



Sweating



Feeling hungry



Light-headed or feeling dizzy



Tingling face



Headache



Changes in vision

Always carry low blood glucose supplies with you

- 2 or 3 types of fast-acting carbohydrates
- Long-acting carbohydrate snacks
- Blood glucose checking equipment
- A glucagon injection kit if your doctor recommends it

Treat low blood glucose levels quickly

If your blood glucose level is less than 4.0 mmol/L, follow the steps below.

Step 1: Eat 15 grams of fast-acting carbohydrates.



6 jellybeans

or



150 ml juice

or



3 teaspoons of sugar

Step 2: Wait 15 minutes, then check your blood glucose level again.



Still below 4.0 mmol/L: repeat **Step 1**



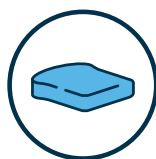
Above 4.0 mmol/L: go to **Step 3**

Step 3: Have 15 g of long-acting carbohydrates if your next meal is more than 15 minutes away.



Piece of fruit

or



Slice of bread

or



Muesli bar

- If you have symptoms but cannot check your blood glucose, treat the low anyway.
- If it goes too low, you may become unconscious and need emergency medical help.

How to reduce your risk

- Do not skip or delay meals
- Talk to your doctor about adjusting your food or medicine when you exercise
- If you drink alcohol, drink in moderation and with a meal
- Sip drinks that contain carbohydrates if you are sick and cannot eat.

Tell others how to help

- Tell people around you (family, friends, work) how to recognise a low blood glucose level, and how to help you.
- Tell them they should **never give you food or drink if you are unconscious.**
- Instead, they should call 000 immediately.



The NDSS and you

For access to more resources (including in your language), scan the QR code, go to ndss.com.au or call the **NDSS Helpline 1800 637 700.**

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.