

# Hypoglycaemia Treatment for Adults

1. Treat a blood glucose level below 4 mmol/L (symptoms or no symptoms) **immediately** with:-

## 15g Rapid-acting Carbohydrate

### Either as:

Lift Glucose Chews (formerly Glucotabs) x4 or  
Dextrose/Lucozade tablets x5 or

Lucozade Energy drink 170ml or

Standard Jelly Babies x4 or

Glucogel x2



**Note:** 15g rapid-acting carbohydrate will bring your blood glucose level up quickly by 3 mmol/L in 10 minutes.

2. Sit and wait for 10 minutes.
3. **Recheck** If still below 4 mmol/L treat again with either Lift Glucose Chews (formerly Glucotabs) or Dextrose/Lucozade tablets x3 or Jelly Babies x2 or Lucozade Energy drink 110ml.

Wait a further 10 minutes and recheck blood glucose. If blood glucose still below 4 mmol/L, repeat **Step 3** until blood glucose is above 4 mmol/L.

4. Once blood glucose level is above 4 mmol/L, you will need to eat slower-acting carbohydrate as follows:
  - a) If hypo occurred before a meal, take the normal dose of insulin (if due) and ensure meal, with carbohydrate, is eaten immediately.
  - b) If hypo occurred between meals, have a 15-20g carbohydrate snack without insulin eg digestive biscuit x2, cereal bar or small to medium sized banana.
  - c) If hypo occurred at bedtime, have a 40g carbohydrate snack without insulin eg medium slice toast x2 with 2 tsp jam or cereal, large bowl eg Weetabix® x2 or porridge oats (50g dry weight) with 200ml milk.

*NB Chocolate, milk, biscuits, fruit and even ordinary sugar are not suitable hypo treatments as they all contain either fat, fructose (fruit sugar) or fibre which slows down how quickly the glucose can get into your blood stream.*



Contact details:

**Nutrition and Dietetic Services**  
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