



# Carbs & Cals



**FREE APP**  
iPhone &  
Android

✓ Type 1 Diabetes

✓ Type 2 Diabetes

## HYPO TREATMENT

Hypoglycaemia is when blood glucose drops below 3.5 mmol/l, with or without symptoms. If you take insulin or certain diabetes tablets, **you are at risk of having a hypo**. At blood glucose levels below 3.5 mmol/l, the brain is not getting enough glucose to function properly.

### Symptoms you may experience when having a hypo:

#### Mild

- ★ Tingling
- ★ Feeling hot & sweaty
- ★ Light headed
- ★ Blurred vision
- ★ Hunger
- ★ Dizziness
- ★ Fast pulse or palpitations
- ★ Trembling or shakiness
- ★ Anxiety or irritability

#### Moderate

- ★ Disorientated
- ★ Lack of concentration
- ★ Change in personality or irritability
- ★ Confusion or vagueness

You will get to know what a hypo feels like for you and should **never ignore it**. It is common for people who have had diabetes for a long time to become less aware or have no symptoms of a hypo. This is why regular testing of your blood glucose is extremely important.

### Common reasons a hypo may occur:

- ★ Taking too much insulin
- ★ Not having regular meals or missing meals
- ★ Not eating enough carbohydrate, or overestimating the amount you've eaten
- ★ Stress
- ★ Too much alcohol or drinking alcohol without food
- ★ Recreational drugs
- ★ Hot weather
- ★ Physical activity, particularly unplanned or unexpected additional activity

## ★ TREATING A HYPO ★


### STEP 1:

It is important to treat the hypo as soon as you notice the symptoms (or, if you don't have symptoms, as soon as you record a blood glucose level of below 3.5 mmol/l) by taking rapid-acting carbohydrate. This will give a quick rise in blood glucose within 5-10 minutes. The amount of carbohydrate needed is 15-20g and the examples below each contain 15-20g of rapid-acting carbohydrate, suitable for treating a hypo.

### Examples of rapid-acting carbohydrates containing 15-20g carbs


If you are at risk of experiencing hypos, it is vital that you carry rapid-acting hypo treatments (such as the examples below) with you at all times.

#### Lucozade Energy



15g Carbs  
170ml  
63 Cals

#### Cola



16g Carbs  
150ml  
62 Cals

#### Orange Juice



20g Carbs  
250ml  
83 Cals

#### Jelly Babies




20g Carbs  
25g  
84 Cals

#### Jelly Beans



20g Carbs  
22g  
80 Cals

#### Cola Bottles



20g Carbs  
27g  
88 Cals

## STEP 2:

After taking the rapid-acting carbohydrate, **sit down for 10-15 minutes**.

If you are able to, re-check your blood glucose levels to ensure it's over 3.5 mmol/l. If not, eat more rapid-acting carbohydrate and wait a further 5-10 minutes.

## STEP 3:

If your next meal is due in the next hour, you do not need to take any further carbs.

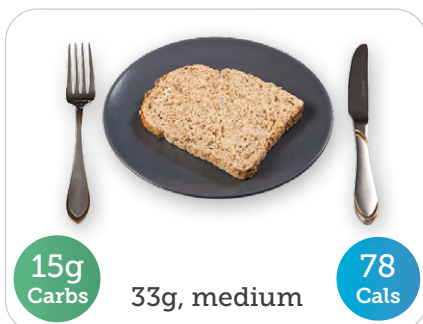
If it will be more than 1 hour until your next meal, to avoid the risk of becoming hypo again, you should consider having some slower-acting carbohydrate.

## Examples of slower-acting carbohydrates

**Slower-acting carbs are not recommended as the first-line treatment for a hypo.**

These foods cause the blood glucose to rise much more slowly and therefore are not suitable for treating a hypo.

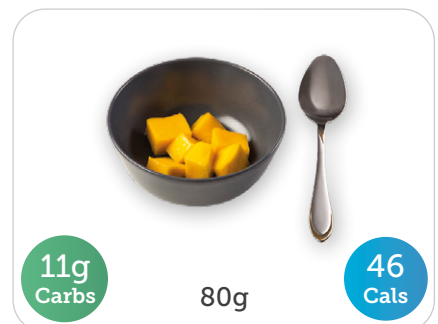
### Granary Bread



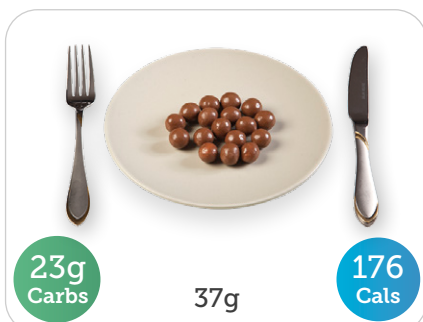
### Banana



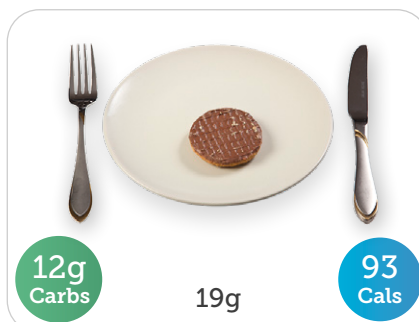
### Mango



### Chocolate Honeycomb Balls



### Chocolate Oat Biscuit



### Milk (semi-skimmed)



If you are experiencing hypos regularly or they are severe and you need the assistance of another person in treating your hypos, you should arrange a review with your diabetes care team or doctor.