

# How can I prevent **HYPOglycaemia** (low blood sugar)

## What to do



**Do not skip meals** even when busy



**Bring a few sugar-containing sweets** along whenever you go out



**If needed, eat** extra carbohydrates **before moderate** or **vigorous intensity activities**



**Do not take diabetes or insulin injection** in the morning when fasting for a blood test



Closely **follow instructions** on when to take your medication, especially in relation to meals



If you experience **hypoglycaemia frequently, check with your doctor** as your medication may need adjusting