

Low Blood Sugar: Hypoglycaemia



What is Hypoglycaemia?

- Also known as low blood sugar, Hypoglycaemia occurs when your blood sugar level falls below 4.0 mmol/L

Causes

- Imbalance between insulin intake and body's physiological needs
- Insulin overdose – injecting too much insulin but not eating enough carbohydrates
- Ill-timed insulin intake or using the wrong type of insulin
- Increased sensitivity to insulin
- Increased glucose utilisation (during or shortly after exercise)
- Mismatch between food intake timing and sulphonylureas (e.g., Glipizide) consumption

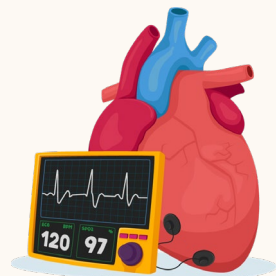
Common signs and symptoms of HYPOglycaemia (low blood sugar of < 4 mmol/L)



Hunger



Hand tremors



Abnormally fast heartbeat



Fatigue



Mood changes
(e.g., anxiety, irritability,
nervousness)



Dizziness or headaches




Changes in behaviour
(e.g., confusion, weakness,
unclear speech)



Drowsiness

Hypoglycaemia: Symptoms and Severity

Mild	Moderate	Severe	
Fast heartbeat Dizziness Headache Sweating	Unceasing hunger despite having a full and balanced meal Irritable	Weakness Blurred vision Slurred speech Confusion and abnormal behaviour Seizures CANNOT self-treat	 <p>If the individual has lost consciousness, please call an ambulance immediately!</p>

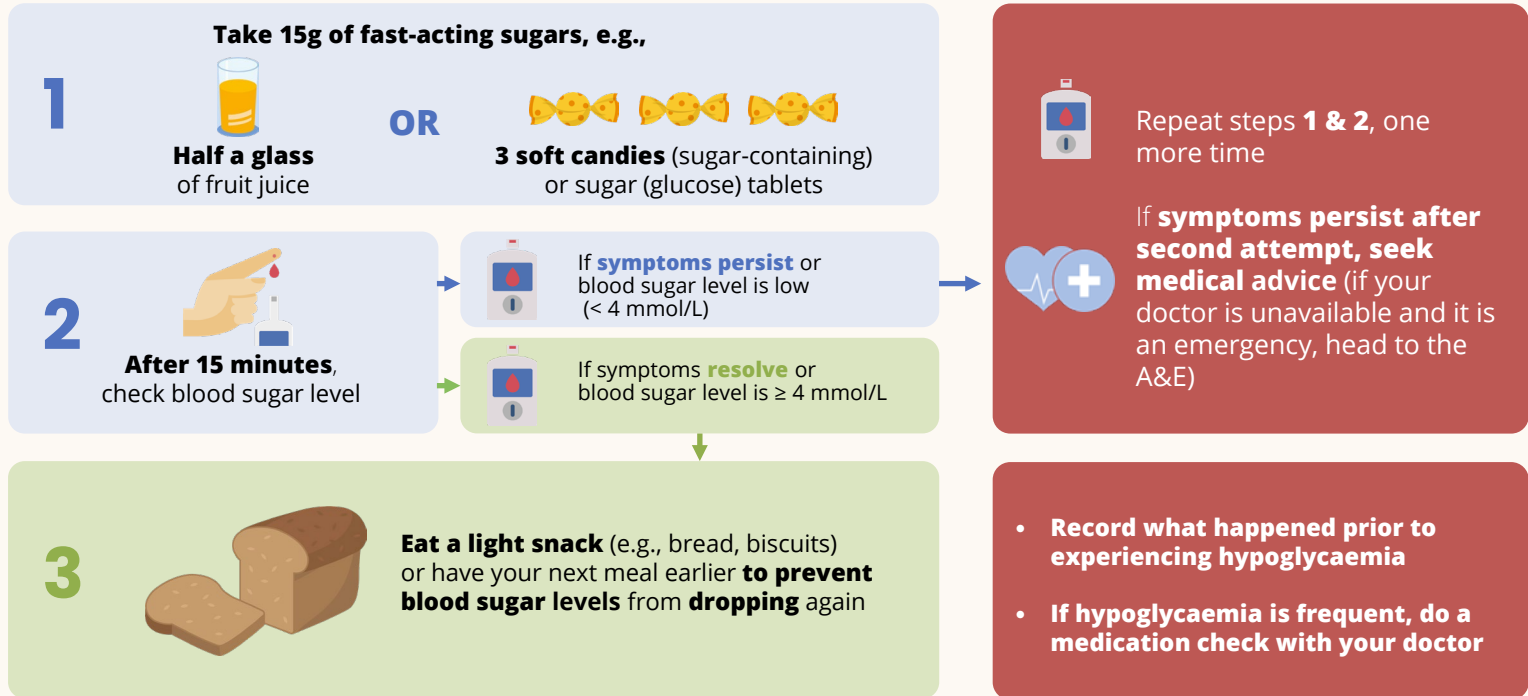
Hypoglycaemia is when the blood sugar levels are lower than the normal. This usually occurs at blood sugar levels less than 4 mmol/L.

Mild: 3.1-3.9 mmol/L

Moderate: less than 3.1 mmol/L

Severe: Less than 2.2 mmol/L or needs help to treat (CANNOT self treat)

Follow the 15–15 rule if you experience **HYPOglycaemia** symptoms or your blood sugar level is low (< 4 mmol/L)



These steps are only applicable if the person is conscious. If the person is **unconscious, call an **ambulance immediately**.**

Avoid using the following items to rescue hypoglycaemia



- Diet/no sugar soft drinks
- Sugar-free sweets
- High fat snacks such as chocolate – fat slows down the movement of sugar into blood!

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