

# Summary of Pre & Post-Exercise Monitoring

## Post-exercise



### < 4.0 mmol/L HYPOGLYCAEMIA!

- **Perform 15/15 rule:**
- 15g of fast-acting glucose e.g.,
  - ↳ 3 teaspoons of dextrose powder/ table sugar in 120ml of water
  - ↳ ½ glass (150ml) of fruit juice
  - ↳ 3 soft/jelly sweets
  - ↳ ½ can of regular soft drink
  - ↳ 1 can of low-sugar soft drink
- Check blood sugar level after 15 minutes

### 4.0 - 5.5 mmol/L

- Have your next meal **within 1 hour.**
- Have a light snack if your next meal is more than 1 hour away.