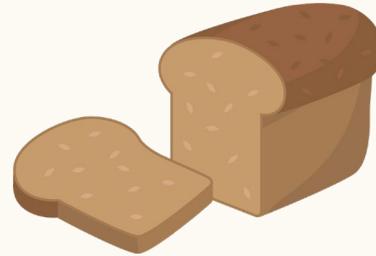


# Hypoglycaemia: Treatment

What type of food to take if the person is conscious:



## Fast-acting sugars

- 3 teaspoons of dextrose powder/ table sugar in 120ml of water
- ½ can of regular soft drink
- 1 can of low-sugar soft drink
- ½ glass (150ml) of fruit juice
- 3 soft/jelly sweets

## Long-acting sugars

- 3 pieces of biscuits
- 1 slice of bread