

What to do in a situation of hypoglycaemia?

(Blood sugar below 70 mg/dl)



Patient is
unconscious



Glucagon



Patient is
conscious



Shaking



Tachycardia



Sweating



Hunger



Fatigue-weakness



Confirm
**blood
sugar**
if possible

“Rule of 15”

1. 15 g HC **fast** absorbing



2. Wait



3. Repeat **blood
sugar** reading



15 g HC **slow** absorbing

Rule of 15



15g of carbohydrates
Fast absorbing



15 g of glucose
(gel, oral solution, tablets...)



**175 ml of sweetened
juice or soft drink**
(best without caffeine)



15 g sugar

- 3 teaspoons
- 1.5/2 sachets
- 2/3 lumps



**1 tablespoon
of honey**
(15 ml)

WAIT



15 g of carbohydrates
Slow absorbing



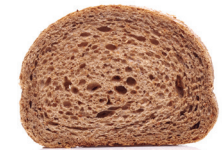
Rich Tea biscuits



1 piece of fruit



1 glass of milk



1 piece of bread
(30 g)

Choose one of the above four options

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