

You might feel sweaty, shaky, very hungry, fast heart beat, confused.

## 3 STEP TREATMENT

### STEP 1

**Do blood sugar test FIRST. If below 4mmol:**

Take:

- 2 tablespoons jam or honey or sugar
- 1 can of sweet drink
- 10 LARGE jelly beans
- 8 Dextrose tablets
- 8 Mentos lollies



x 7-10

or



x 2

or



or



Tablespoons

### STEP 2

**WAIT 15 minutes – retest**

If less than 4 mmol repeat step 1

### STEP 3

**Blood sugar above 4**

**NOW** have a snack or meal to prevent further hypos



or



or



or



or



**DO NOT GIVE FOOD OR DRINK IF DROWSY, UNABLE TO SWALLOW.  
LIE THEM ON THEIR SIDE (RECOVERY POSITION).**

# DIAL 111