

# What causes hypoglycaemia?

## FOOD

- Meal delayed
- Missed meal
- Not enough carbohydrates
- Alcohol



## OTHER

- Activity
  - Unplanned activity
  - More than usual
- Sick Day
  - Nausea
  - Vomiting / Diarrhoea



## MEDICATION

- Too much insulin/tablets
- Insulin dose mistake
- Lumpy injection sites



## BLOOD GLUCOSE TARGET RANGE – .....mmol/L

Testing regularly can help keep glucose levels in your target

Questions?  
Contact your doctor or nurse.



# Hypoglycaemia: What is it and how is it treated?

Blurred vision?

Headache or confusion?

Pale & sweaty?

Pins & needles in your lips or tongue?

Thumping heart?

Hungry?

Shaky hands?

Weak knees?



Illustration by Bridget Lydon

GUIDELINES FROM CCDHB DIABETES SERVICE 2020



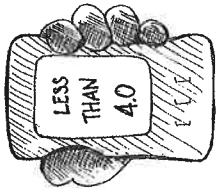
Wairarapa DHB  
Wairarapa District Health Board  
Te Pouni-Houanga o te Ake o Wairarapa



Ruhi Valley DHB

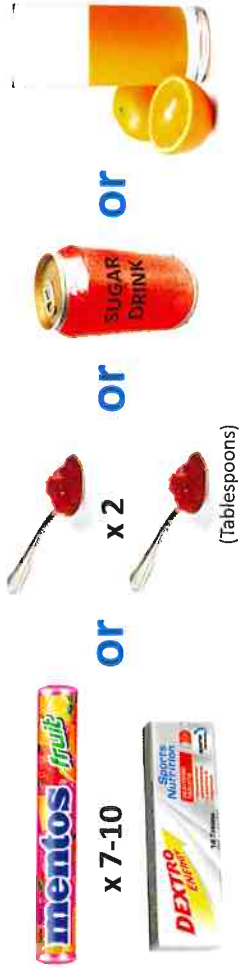
Capital & Coast  
District Health Board  
Te Pouni-Houanga o te Ake o Kapiti

Printing supported by  
SANOFI



# ACT NOW

## STEP 1: TAKE A FAST ACTING CARBOHYDRATE



For the average 100kg person, take 21-30g glucose.  
(0.3g x your weight = \_\_\_\_ grams of glucose)  
Take more or less depending on your weight.

## STEP 2: WAIT 15 MINUTES

If blood glucose is less than 4.0 mmol/L - repeat STEP 1  
Once blood glucose is more than 4.0 mmol/L, go to step 3



## STEP 3: FOLLOW UP WITH A SNACK OR MEAL



Any of the following snacks:  
slice of bread/banana/glass of milk/two plain biscuits

# If the person is unconscious, drowsy or unable to swallow



PLACE IN RECOVERY POSITION AS ABOVE

GIVE THEM GLUCAGON IF IT'S AVAILABLE

CALL 111



**Acknowledgement:** Eli Lilly NZ for the 2011 NZSSD Diabetes Nursing Research Grant. Printing supported by Sanofi.  
**Reference:**  
\* McTavish L, Krebs J, Weatherall M, and Wiltshire E. Weight based-hypoglycaemia treatment preferred for adults with type 1 diabetes: a randomized crossover clinical trial. *Diabetic Medicine* February 2014  
+ American Diabetes Association. Standards of Medical Care in Diabetes—2014. *Diabetes Care* January 2014. vol. 37 no. Supplement 1 S14-S80  
SMA NZ.GLA.19.11.05649. Date of preparation: November 2019.