

If you start to feel or experience any of the following symptoms:

- Weakness
- Trembling
- Shaking
- Numbness around lips or fingers
- Anxiety
- Confusion
- Sweating
- Dizziness or lightheaded
- Headache
- Lack of concentration
- Trouble speaking
- Tearful or crying
- Irritable
- Hungry
- Racing heart
- Blurred vision

1 STOP exercising and sit down

2 If you are able to, carry out a self blood glucose level (BGL). If you cannot access a monitor, treat as a "hypo" as a precaution

3 If BGL is <4mmol/L, consume some easily absorbed, fast acting carbohydrate that you find easy to swallow. For example:

- Glucose tablets equal to 15 grams of carbohydrate OR
- 6–7 regular jellybeans or 4 large glucose jellybeans OR
- 1 tube of oral glucose gel (equal to 15 grams of carbohydrate) OR
- 1/2 a can (150mL) of regular (not 'diet') soft drink OR
- 100mL of Lucozade® OR
- 3 teaspoons of sugar or honey OR
- 1/2 a glass (125mL) of fruit juice.

Note: If you are taking diabetes medication that can cause hypos in combination with a medication called acarbose (Glucobay®), you must treat the hypo with pure glucose such as glucose tablets, glucose gel or Lucozade®.

4 After 10–15 minutes, re-check your blood glucose level to make sure it has risen above 4mmol/L. If it hasn't, repeat step 3.

5 Once your blood glucose level is above 4mmol/L, you will need to eat some extra carbohydrate. If your next meal is more than 20 minutes away, or if you have been exercising, eat some carbohydrate food such as:

- 1 slice of bread OR
- 1 glass (250mL) of milk or soy milk OR
- 1 piece of fruit OR
- 4 dried apricots OR
- 1 tablespoon sultanas OR
- 1 small tub (100g) fruit yoghurt.

Remember, you must be above 5mmol/L to drive.

This is the current recommendation from the National Diabetes Services Scheme. For individualised advice on hypo treatment, talk to your doctor or diabetes health professional.