

Diabetes Emergency Information

Hypoglycaemia – Blood Glucose Levels less than 4.0 mmol/L

SYMPTOMS

Watch for symptoms of hypoglycaemia (low blood sugar)

- Sweating
- Tingling/numb lips
- Weakness
- Headache
- Hunger
- Irritability
- Drowsiness
- Light headiness / dizziness
- Disorientation
- Blurred vision
- Slurred speech
- Fast heart beat
- Nausea
- Poor concentration / mood changes
- Tearful / crying



If the person is unconscious, unable to swallow, fitting or drowsy get emergency help immediately!

Call an Ambulance 000

If the person is conscious and able to swallow, stay with them and proceed to Step 1.

EMERGENCY ACTION

Step 1

If the person has a blood glucose level of 4 mmol/L or below give 15 g of quick acting carbohydrate. The person may require assistance or encouragement to eat and drink.

15 g of quick acting carbohydrate is equivalent to one of the following:



6-7 standard jelly beans



150 ml of regular soft drink (1/3 regular can)



Glucose tablets equivalent to 15 g



3 teaspoons of sugar



150 ml of fruit juice (1/2 glass)

Step 2

If the next meal is more than 20 minutes away, give the person 15 g of longer acting carbohydrate.

This is equivalent to one of the following:



A slice of wholemeal or multigrain bread



1 small tub of yoghurt



1 piece of fruit



1 glass of milk or soy milk



If in doubt, treat.



WAIT 10-15 minutes, and then monitor blood glucose levels. If levels are not above 4 mmol/L repeat step 1. If they are above 4 mmol/L continue to step 2.



WAIT, and ensure the person has recovered fully before continuing with usual activities.