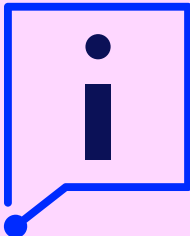


Hypo symptoms are possible at different blood glucose levels

Depending on how high or low your blood glucose levels have been lately, you may get symptoms of a hypo at varying levels. For example, if your blood glucose levels have been high you could get symptoms of a hypo between 4 and 5 mmol/L (or higher).

If you have been having a lot of lows you may lose your warning signs altogether. You may also feel hypo if your glucose level drops very quickly. It is important to treat your hypo if your blood glucose level falls below 4 mmol/L, even without symptoms.



This may all seem very daunting at first, but over time most people learn to recognise their hypo symptoms. Talk to your diabetes team if you have any concerns, or if you are experiencing regular hypoglycaemia, as you may need to alter your insulin dosage.



Getting help in an emergency

If you are not able to recognise the signs and symptoms of low blood glucose levels, this is known as hypo unawareness. If you ignore your hypo symptoms, there is a risk that your blood glucose will drop so low that you are unable to treat the hypo yourself.

For this reason, it is a good idea to teach your family, friends and work colleagues how to recognise and treat a hypo if you cannot. They should only give you something to eat or drink if you can respond to their commands. If you can't, they need to call an ambulance by dialing 999, or they could give you an injection of glucagon.

Glucagon is a hormone which triggers a release of stored glucose from your liver and is available with a prescription from your doctor. The GlucaGen HypoKit is what is normally prescribed. Talk to your doctor or diabetes team about getting this kit and teach your family members or friends how to administer it.

In association with:
DEXTRO ENERGY – Fast and Direct

Dextro Energy is the perfect choice for hypos. It enters the blood very quickly and increases blood sugar levels in minutes. The small packet sizes make it ideal for carrying when you're on the go. Make it your go-to hypo treatment. For more information please visit [Amazon.co.uk](https://www.amazon.co.uk) and search for **Dextro Energy**



Type 1 diabetes and hypoglycaemia

We're here for you

We are Breakthrough T1D, the leading global type 1 diabetes (T1D) research and advocacy charity. We help make everyday life better while driving towards cures.



Contact us:

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Type 1 diabetes and hypoglycaemia

When you have type 1 diabetes and use insulin, there will be times when your blood glucose will drop below 4mmol - this is known as hypoglycaemia or hypo.

There are many reasons for this; it may be because you accidentally injected more insulin than you needed or because you have been more active than you anticipated. It could be that your meal was delayed or has less carbohydrates than you thought. It may also be because your insulin regime doesn't work the same for you each day. No matter what the cause, hypos are common, and you will need to treat them when they happen.

Hypo symptoms

Having a hypo can be a frightening experience. Symptoms are different for different people, and can vary with each hypo, but they may include:

- **Shaking**
- **Blurred vision**
- **Sweating**
- **Difficulty concentrating**
- **Dizziness**
- **Feeling anxious**
- **Hunger**
- **Changes in behaviour**



How to treat a hypo

If you feel any of the symptoms, you should check your blood glucose level. If it is below 4mmol you will need to eat or drink something that contains fast-acting glucose to bring your blood glucose back up into the normal level.

The amount of fast-acting glucose you'll need will depend on how low your blood glucose has dropped, the timing, and the cause of your hypo – for example, if it's due to increased exercise or taking too much insulin.

You should follow up your hypo treatment with a longer-acting carbohydrate snack – like a couple of digestive biscuits – once your blood glucose is over 4mmol/L, to help prevent a further episode of hypoglycaemia.

Examples of a quick hypo treatment, providing approximately 15g fast acting glucose:

- 5 glucose tablets e.g. Dextro Energy tablets
- 150ml of normal (not diet) soft drink or fruit juice (check the amount of carbohydrate on the label)
- 3-5 jelly babies

You should check your blood glucose 10 to 15 minutes after you have treated your hypo. If your level is still low, you should eat a further 15g of carbohydrate and re-check in a further 10 to 15 minutes. You can't always predict when your blood glucose is going to drop too low, so you need to carry a hypo treatment with you at all times.

Some useful places to keep a hypo treatment include:

- The glove box of your car
- Your handbag or backpack
- Beside your bed
- In your desk drawer
- In your back pocket
- With your sports kit/bag

