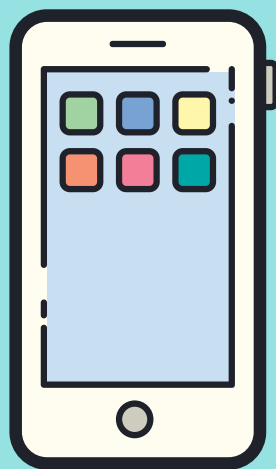


HELP AVOIDING HYPOS...

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Specialist
Nurse
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UK

- Include a small portion of starchy carbohydrates with meals & try to eat at regular intervals
- May need extra carbs for some types of activity/exercise +/- insulin dose adjustment
- Try to stick to sensible limits of alcohol and avoid drinking on an empty stomach
- Always carry monitoring device & hypo treatments
- It can be helpful to tell friends/family what symptoms to look out for & how to treat



If having regular hypos please contact diabetes team, practice nurse or GP