

HYPO TREATMENT EXAMPLES...

@DSNForumUK

**Diabetes
Specialist
Nurse
Forum
UK**

**For adults 15-20g fast acting
carbohydrate (sugar)**

**Try to avoid high fat, high sugar
foods like chocolate, cakes or
biscuits as these take much
longer to work**

- ➔ 5-6 Dextro energy tablets**
- ➔ 4-5 Lift Gluco Tabs/Chews**
- ➔ 3-4 Bassetts Jelly babies**
- ➔ 200-250 mls fresh orange juice**
- ➔ 175-225 ml Lucozade original**
- ➔ 60mls Lift Glucose Shot (15g)**

**Re-check blood glucose after 10
mins & if still below 4 mmols repeat
chosen hypo treatment.**

**Once glucose above 4 mmols have
starchy snack or meal containing
carbohydrates**