## Hypoglycemia Management-Quick Guide

## Symptoms of Hypoglycemia













If you have the symptoms above, do steps 1 to 4.



3.9mmol/L & below You can take:

can take:



Half a cup of juice or soft OR 2 to 4 teaspoons of sugar or honey



15 mins later



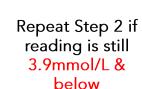




3 to 4 sweets or











- Have your next meal if it is due
- If you next meal is more than 1 hour away, take 1 slice of bread OR 3 pieces of biscuit with cheese

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