

# How to treat a hypo

⚡ Note: Do not omit insulin if due & review medication, to prevent recurrence



If blood glucose  
<4.0mmol/l  
**TREAT**

## Conscious and able to swallow

Give 15-20g quick acting carbohydrate.



150-200ml natural juice



x5 jelly babies



x1.5-2 glucose gel tubes in between the teeth and gums



x5-7 glucose tablets

Note: Lucozade and Ribena are no longer recommended

## Unconscious or unable to swallow



Ring 999



Give 1g glucagon injection



Glucose gel not be given



Wait 15 minutes  
Then recheck



If fully conscious and able to swallow.

<4.0mmol/l



Repeat treatment  
If treatment repeated  
3 times ring 999

>4.0mmol/l



Give long acting carbohydrate.



Or a meal consisting of carbohydrate

Adapted from: JBDS (2018), The Hospital Management of Hypoglycaemia in Adults with Diabetes. 3rd edition.

For further information on hypoglycaemia eLearning and other materials contact:

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