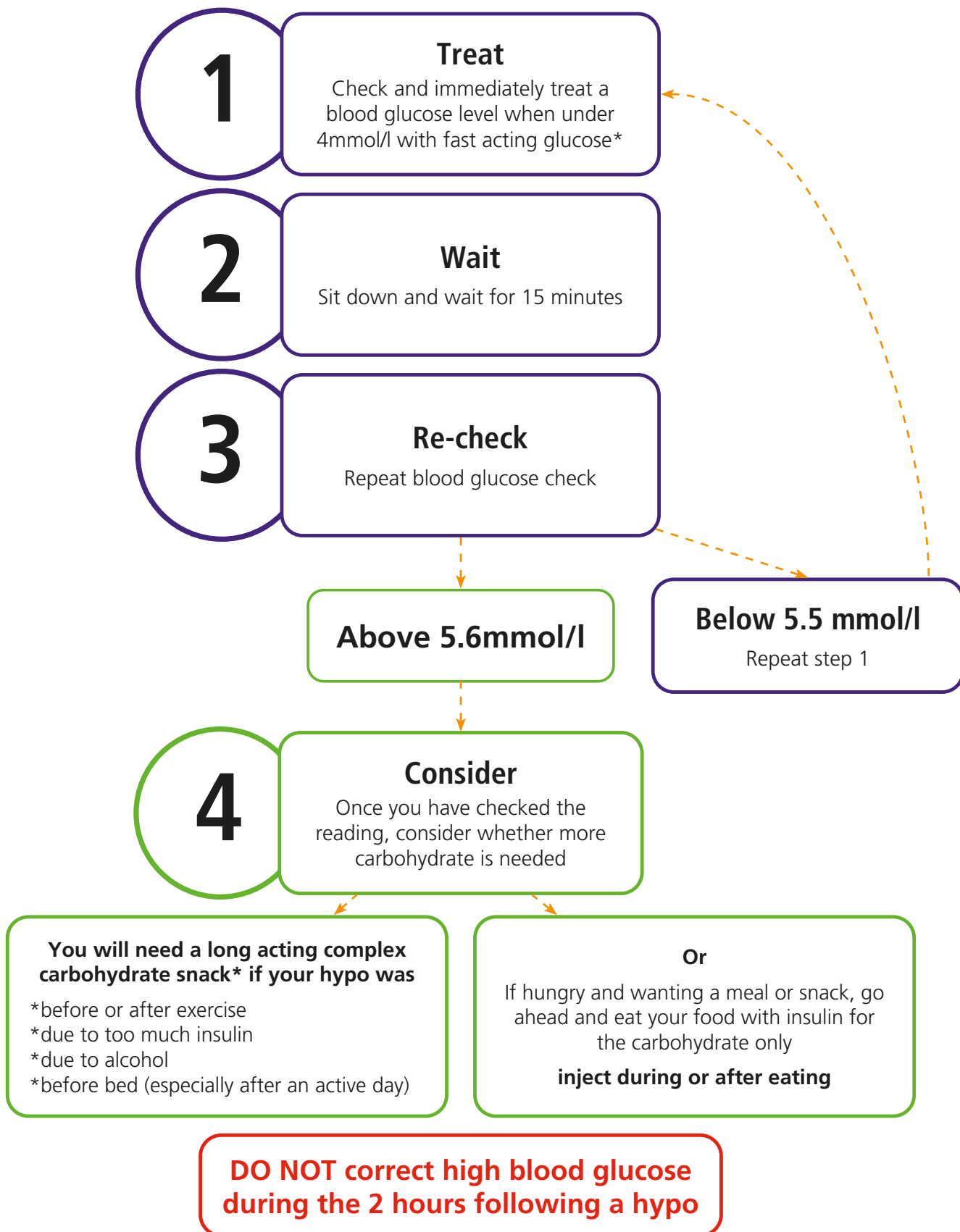


Treatment for Mild Hypoglycaemia



Fast acting carbohydrate sources of glucose

Glucotabs®	4g per tablet*
Jelly babies	5g per Bassetts jelly baby*
Lucozade® Energy Original - contains caffeine	8.9g per 100ml*
Glucose tablets, e.g. Dextro® Energy	3g per glucose tablet*
Glucojuice® – 60ml	15g per whole bottle*
Fruit juice	8.6g per 100ml*
*Please read label to assess exact carbohydrate content	

How much fast acting carbohydrate do I need?

Source	Pre-school 5g carbohydrate	Primary school 10g carbohydrate	Secondary school 15g carbohydrate
Glucotabs®	1.5	3	4
Jelly babies	1	2	3
Lucozade® Energy Original - contains caffeine	55ml	110ml	170ml
Glucose tablets, e.g. Dextro® Energy	2	3	5
Glucojuice® – 60ml	20ml	40ml	60ml
Fruit juice	55ml	110ml	170ml

If the reason for a hypo is any of the following, have a 15-20g long acting (complex) carbohydrate snack **(without insulin)**:

- The hypo is just before or after exercise
- The hypo is just before bed
- Too much insulin has been given
- Alcohol is the cause of the hypo

Long acting (complex) carbohydrate snack ideas 15-20g carbohydrate

- 1 slice of toast
- 1 small banana or large apple
- 1-2 digestive biscuits
- Small cereal bar
- 300ml (half pint) glass of milk or a yoghurt
- Small bowl of cereal and milk, e.g. Shreddies® or 1x Weetabix®

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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