

Children and Young People's Diabetes Service

Signs of a Hypo:

Symptoms



Always treat a Hypo quickly!

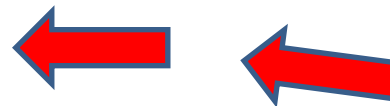


If **3.9mmol** or less give:

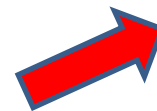
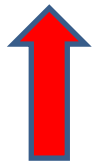
<5yrs = 1-2 tabs

5-10yrs = 3-4 tabs

10-17yrs = 4-5 tabs



Wait 15 minutes



If over 5.6

If less than 5.6



OK!

? snack if hypo just before or after exercise,

too much insulin is cause of hypo or previous hypo in last 24 hours