

Children and Young People's Diabetes Service

Signs of a Hypo:

Symptoms



Always treat a Hypo quickly!



If **3.9mmol** or less give:



(new recipe) <5yrs = 60mls

5-10yrs = 120mls

10-17yrs = 180mls



Wait 15 minutes



If over 5.6mmol

If less than 5.6mmol



OK!

? snack if hypo just before or after exercise, too much insulin is cause of hypo or previous hypo in last 24 hours