

## Causes, Prevention and Treatment of Hypoglycaemia

It is important you check your blood glucose level a minimum of 4-6 times. This will help you detect any significant changes in your blood glucose control, so that you can respond quickly. Symptoms of hypoglycaemia may be different on a pump, so if in doubt check your blood glucose level. Try to identify the cause.

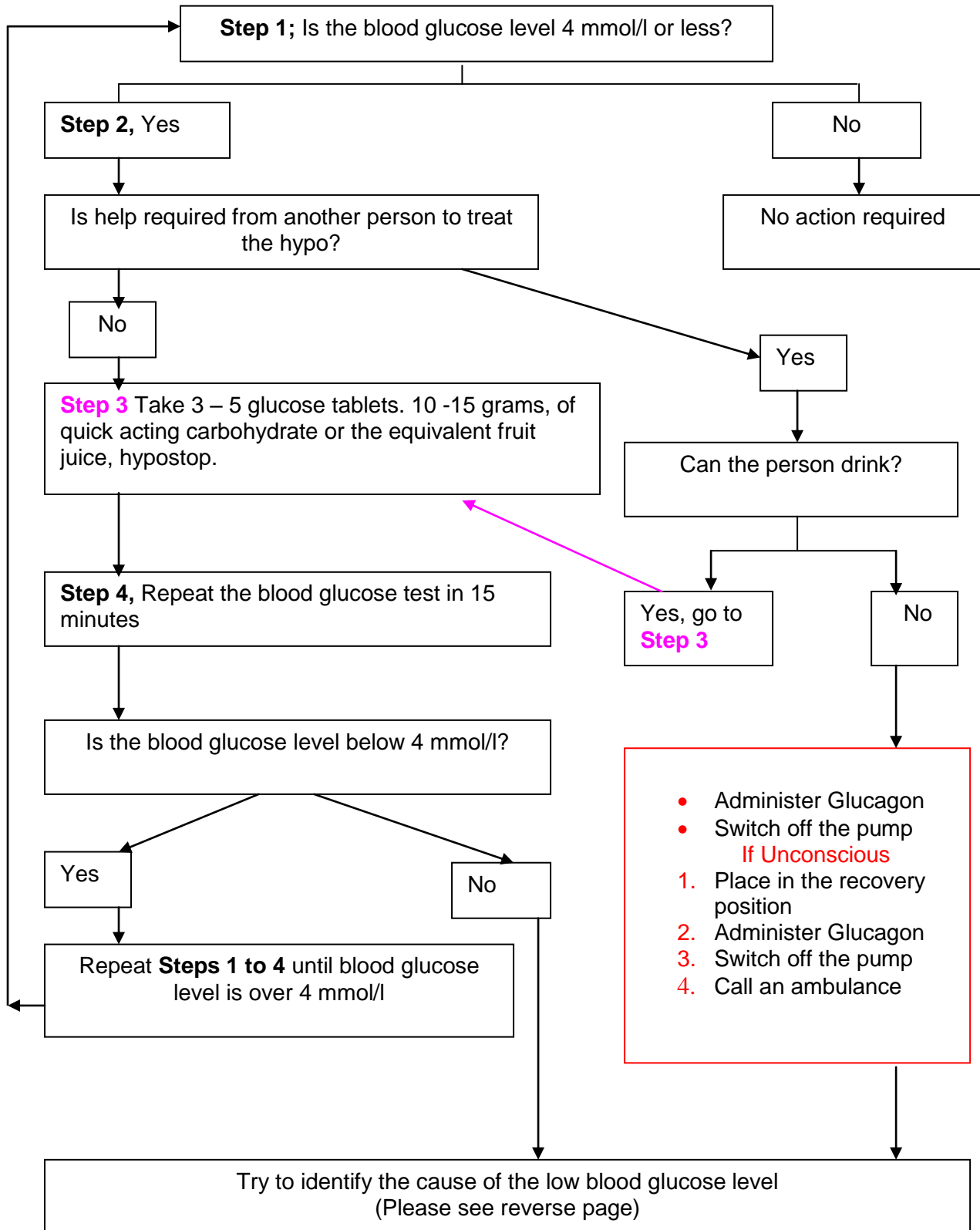
### It is advised that you check:

- Is the correct basal rate set?
- Has the correct bolus been given?
- Does the insulin dose relate to the carbohydrate intake?
- Check the pump alarms to see if an error has been identified.
- Carry out a 'self test' to check the pump is functioning correctly.
- Has more exercise been taken than usual?
- Have you been exposed to excessive heat such as sauna, bath and sun?
- Always check your blood glucose level before you go to bed. Confirm the appropriate levels with your diabetes team.
- Monitor your blood glucose level before driving. Discuss the appropriate level with your diabetes team.
- Monitor your blood glucose level before, during and after exercise.
- Carry out an extra test if alcohol has been consumed.
- Make sure a family member knows how to administer Glucagon and/or Hypostop and where it might be kept.
- Show a family member how to cancel the alarms, suspend and stop the pump.
- Set the auto -off safety alarm.
- Pre-set the maximum bolus and basal rate.

### Treatment of Hypoglycaemia

- Take 10-15 grams of a fast acting carbohydrate such as 3 – 5 glucose tablets, orange juice, hypostop or fruit pastels.
- Test again in 15 minutes.
- If the blood glucose level is still 4 or less treat again as above.
- Always carry a fast acting carbohydrate.

# Guidelines for Treatment of Hypoglycaemia (Low Blood Glucose Level)



**Remember to treat yourself first and worry about the pump later**