

MY HYPO TREATMENT PLAN

1

Blood Glucose If Less Than 4 or 5MMOLS

Have my FAST acting Carbohydrate.

2

Wait 15mins, Recheck BG Levels

If blood glucose level above 5MMOLS, go to Step 3. If not repeat Step 1.

3

Have Meal or Slow Acting Carb

My SLOW acting Carbohydrate.

4

Learn and Monitor

Why do you think this Hypo happened? Not enough Carb with meal, delayed meal, extra exercise, too much insulin?

For info on hypoglycaemia and choices of FAST and SLOW carbohydrate choices to treat your hypo, go to

drivingdiabetes.com.au

