

MY HYPO TREATMENT PLAN

1

If my BGL is under 4 or 5 mmols (circle)

Have my FAST acting carb.

This is:

2

Wait 15mins. Wash hands. Recheck my BGL

If above 5mmols, I go to Step 3. If not, I repeat Step 1.

3

Above 5mmols - Have slow acting carb/meal

If it's not my meal time, have my SLOW acting carb.

This is:

4

Learn and monitor to reduce further hypos

Why do you think this hypo happened?

- Not enough carb with your meal?
- Your meal was delayed?
- You were more active or exercised more than usual?
- You've had too much insulin for what you've eaten or how active you've been?

