

## PREVENTION OF LOW BLOOD GLUCOSE



Check blood glucose regularly



Take regular meal



Limiting alcohol intake



Take medication as prescribed



Check blood glucose before exercise



Carry sweets with you

### Clinic B2B

TTSH Medical Centre, Level B2

#### Contact:

6357 7000 (Central Hotline)



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## DEPARTMENT OF ENDOCRINOLOGY

## LOW BLOOD GLUCOSE (HYPOGLYCAEMIA)





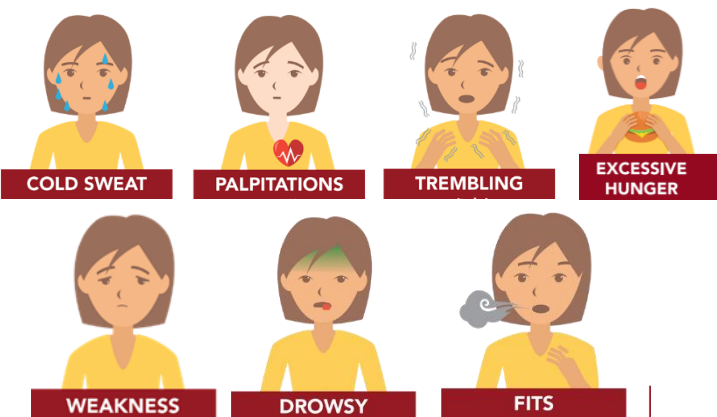
## WHAT IS HYPOGLYCEMIA?

Hypoglycaemia is known as "low blood glucose (sugar)" and occurs when your blood glucose level is less than 4mmol/L.

## WHAT CAUSES HYPOGLYCEMIA?

- Poor appetite
- Skipping or delaying a meal
- Doing more intense activities than usual
- Taking wrong doses of diabetic medications
- Drinking excessive alcohol
- Worsening kidney or liver function

## WHAT ARE THE SYMPTOMS OF HYPOGLYCEMIA?



Everyone may experience different symptoms. Therefore, it is important to understand your body and do a blood glucose check when you have symptoms or feel unwell.

When you have hypoglycemia symptoms, it is important to take note of:

- Glucose readings
- Frequency of symptoms
- Time of day

## WHAT TO DO WHEN YOU HAVE HYPOGLYCEMIA?

### Step 1: Check your blood glucose level

- Check your blood glucose immediately if you experience symptoms of low blood glucose or feeling unwell

### Step 2: If it is less than 4mmol/L, take one of the following immediately

- Chew 3 to 4 sweets/ glucose tablets or
- Take 2 to 4 teaspoons of sugar/ glucose/ honey or
- Drink half a glass of juice/ regular soft drinks

### Step 3: Re-check your blood glucose level after 15 minutes

- If your blood glucose level is less than 4mmol/L, REPEAT STEP 2.
- Otherwise, proceed to step 4.

### Step 4: Have a meal

- Have your breakfast / lunch / dinner if it is due
- If your next meal is more than 1 hour away, take 1 slice of bread or 3 pieces of biscuit with cheese.



## AVOID THE FOLLOWING FOOD



## WHAT IS SEVERE HYPOGLYCEMIA?

Severe hypoglycemia happens when blood glucose levels are so low that it requires assistance from another person to treat. It is a diabetic emergency and if not treated immediately, can cause you to faint or go into a fit. In serious cases, it leads to coma or death.

## WHAT SHOULD OTHERS DO IF YOU FAINT OR BECOME UNCONSCIOUS

- Your family members, friends or colleagues should be aware of the 4 steps on hypoglycemia treatment.
- Do a glucose check (if possible).
- Call an ambulance immediately.
- Do not feed you any food or liquid if you are unconscious.
- Apply sweet syrup or honey on the insides of your cheeks and gums. Continue applying till you regain consciousness.
- Give you a glass of sugary drink and a snack if you are able to eat.

Important: Call your Diabetes Nurse Educator or doctor if you have frequent low blood glucose symptoms and/or level.