

Low Blood Glucose (Hypoglycemia)

What is Hypoglycemia?

Hypoglycemia, also known as low blood glucose, occurs when blood glucose level is less than 4mmol/l. It is critical to recognize and correct hypoglycemia promptly to prevent serious consequences such as confusion, fall or loss of consciousness.

What are the symptoms of Hypoglycemia?

Take note of important warning signs



Feeling Hungry



Sweating



Feeling tired/
Weakness



Trembling/Shaking



Anxiety/Irritability



Blurred Vision



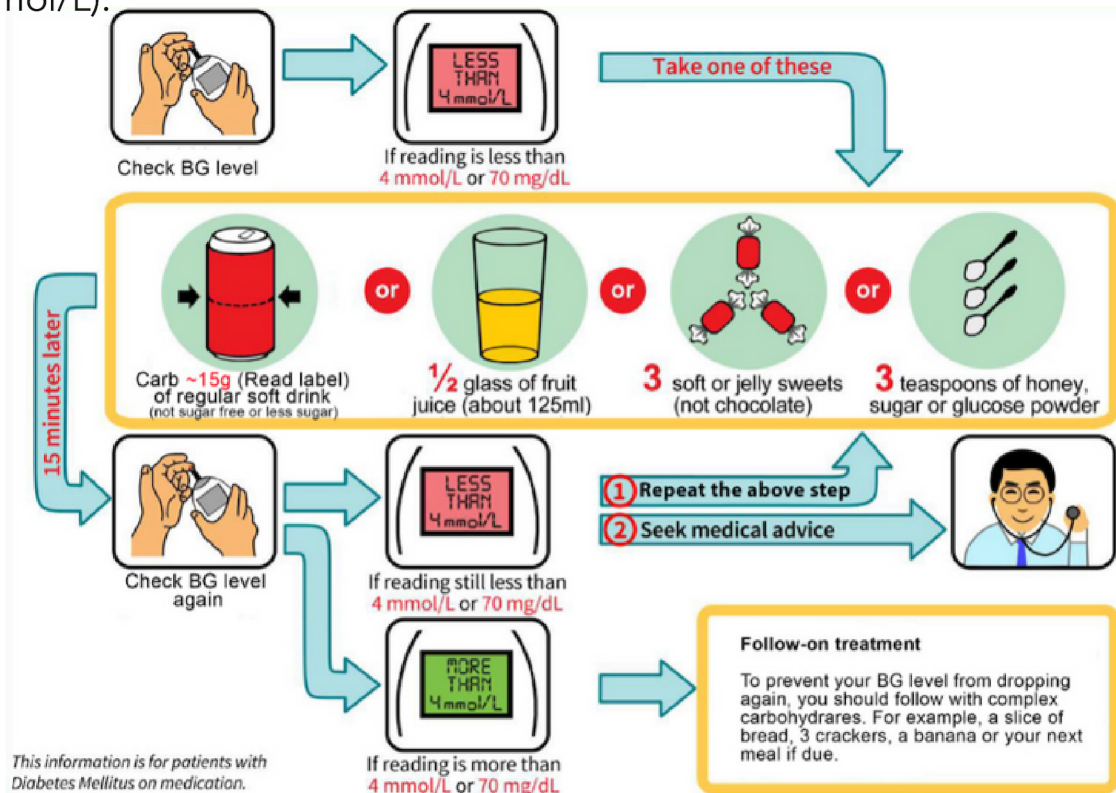
Confusion



Fast heartbeat

What should you do if you suspect you have Hypoglycemia?

Follow Hypoglycemia Management 15-15 rule if you experience symptoms of hypoglycemia or your blood glucose level is low (< 4mmol/L).



*Above steps are only applicable if the person is conscious. If the person is unconscious, call an ambulance immediately and avoid giving any food or drink

Common Causes of Hypoglycemia

(For patients with diabetes and on medication)

Diabetes Medication/Insulin:

- Overdose or took at wrong timing

Diet:

- Skipped or delayed meal
- Poor appetite or taking too little carbohydrates in the meal

Exercise:

- Being more active than usual or exercising excessively

Alcohol Consumption:

- Drinking excessive alcohol on an empty stomach

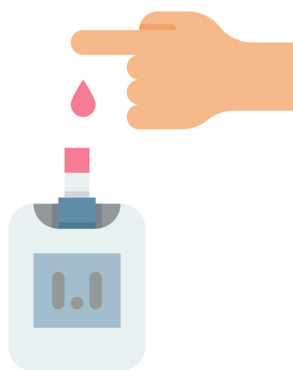
How can we prevent Hypoglycemia?

- Closely follow instructions on when and how much to take your diabetes medication/insulin, including timing in relation to meals.
- Do not skip meals even when busy. When your appetite is poor, try soft or liquid food with carbohydrates (e.g. bread, porridge and noodles).
- Standby a sugar-containing sweet or drink for hypoglycemia treatment.
- Have a carbohydrate snack before moderate or strenuous activities.
- Limit the intake of alcohol and take it with food containing carbohydrates.

How can we seek medical help early?

If you have frequent hypoglycemia, you need to call or visit your medical team early. Your diabetes medication/insulin dose may need to be adjusted.

Remember to record all blood glucose readings and events for your healthcare team to note.



Contributed by Nursing

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