



HYPOGLYCEMIA

RECOGNITION AND TREATMENT

Hypoglycemia is the decline of sugar level (glucose) in the blood below the normal range, that is less than 70 mg/dl*. It is one of the most common complications in diabetes.

Knowing **SIMPLE RULES** allows those who are ill and their families to deal with this situation in the best way.

* The sugar level in the blood is expressed in milligrams (mg) per deciliter (dl).

WHAT CAUSES IT

- Overdosage of insulin
- Overdosage of hypoglycemic drugs
- Insufficient/delayed/missed meal
- Omission of snacks
- Vigorous exercise or non compensated food supply
- Assumption of alcohol with an empty stomach or in excess

IF YOU AVOID THESE ERRORS, YOU CAN PREVENT HYPOGLYCEMIA

IDENTIFY THE SYMPTOMS



• **HUNGER**

• **GENERAL ILLNESS**



• **SWEATING**

• **HEADACHE**



• **PALPITATION**

• **WEAKNESS**



• **TREMBLING**



• **REDUCTION AND/OR
BLURRY VISION**



HOW TO HANDLE IT

DO NOT PANIC and do not eat too much!!

Home **MONITORING OF BLOOD SUGAR** with a fingerstick sample, if possible.

If the blood sugar is below 70 mg/dl,

USE THE RULES OF 15:

1. **TAKE 15 GRAMS** of rapid absorbing carbohydrates (ex. simple sugar or fruit juices).

15 gr OF RAPID ABSORBING CARBOHYDRATES CAN BE FOUND IN: 2 sachets of sugar, ½ can of coca cola, 200 ml of fruit juice

2. **WAIT** for 15 minutes and **CHECK** the blood sugar.

3. If the blood sugar did not increase by 50mg/dl, **TAKE AN-OTHER 15 GRAMS** of rapid absorbing carbohydrates such until the blood sugar will not exceed 100.

REMEMBER:

- **AVOID EATING CHOCOLATE AND CANDIES** because it takes too much time in order for the blood sugar to increase.
- **DO NOT CONSUME DRINKS WITH "LIGHT".**
- **IF THE BLOOD SUGAR IS ABOVE 100 mg/dl** but you have the symptoms of hypoglycemia it is advised to take complex carbohydrates like cracker, breadsticks, rusk - tea or fruit.
- **IF YOU CANNOT MONITOR WITH A FINGERSTICK SAMPLE** but you have the symptoms of hypoglycemia follow also the rules of 15.

RECOMMENDATIONS

If you are diabetic **ALWAYS BRING WITH YOU SOME SACHET OF SUGAR AND THE FINGERSTICK SAMPLE FOR SELF MONITORING** so as not to find yourself unprepared in times of emergency.

If experiencing hypoglycemic symptoms **DO NOT GET TO DRIVE** and, if driving, **STOP AT ONCE!** Then measure the blood sugar and in case correct it according to the described rules.

IN THE EVENT OF UNCONSCIOUSNESS DUE TO HYPOGLYCEMIA CALL IMMEDIATELY 118.