



# diabetes

## EMERGENCY INFORMATION

### 1 Watch for symptoms of Hypoglycaemia (low blood glucose)

- Sweating
- Paleness
- Trembling
- Hunger
- Weakness
- Changes in mood/behaviour
- Weeping
- Irritability
- Inability to think straight
- Lack of co-ordination
- Drowsiness
- Nausea/stomach cramps

**IF IN DOUBT, TREAT!**

### 2 Emergency Action

If the person is conscious and has a blood glucose less than 4mmol/L give any ONE of these:

- |               |                                     |                               |                                   |
|---------------|-------------------------------------|-------------------------------|-----------------------------------|
| ● Fruit juice | $\frac{1}{3}$ - $\frac{1}{2}$ glass | ● Sugar containing soft drink | $\frac{1}{3}$ - $\frac{1}{2}$ can |
| ● Honey       | 2-3 teaspoons                       | ● Glucose tablets             | 10-15 grams                       |
| ● Sugar       | 2-3 teaspoons                       | ● Jellybeans                  | 4 large or 7 small                |

You may need to coax the person to eat or drink. Symptoms should improve in 10-15 minutes. Stay with the person and follow up with additional food such as milk or biscuits.

A blood glucose of less than 4 mmol/L should be treated even in the absence of symptoms.

### 3 If the person has a fit or is unconscious, get emergency help!

Ambulance phone number **000**

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