

# Hypos: a quick guide

## What is a hypo?

A hypo happens when your blood glucose level falls too low. Your body is telling you that you're running low on energy and you need a sugary snack.

## What causes a hypo?

- Too much insulin
- A delayed or missed meal
- Not enough food
- Unplanned or tough exercise
- Sometimes there may be no obvious cause

## Here are a few things to watch out for:

- Hunger
- Shakiness
- Mood change
- Sweating
- Lack of concentration
- Fast pulse
- Paleness

## What to do:

It's important to treat a hypo as quickly as possible. If you do nothing your blood glucose level will continue to fall and you could become unconscious. You should just relax and get someone to bring you something sugary, such as:

- A glass of fizzy sugary drink, fruit juice or other non-diet drink
- Three or more glucose tablets
- Five sweets

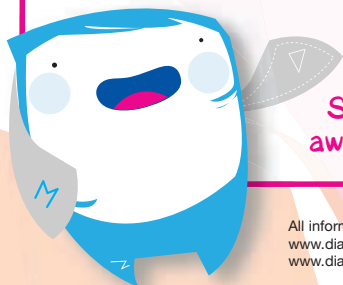
The exact amount you need will vary depending on your individual circumstances. To prevent your glucose from dropping again follow this sugary snack with a longer acting carbohydrate such as:

- Roll/sandwich
- Cereal bar
- Portion of fruit or a pack of dried fruit
- Two biscuits

If after 15 minutes you are still experiencing any signs of a hypo, you should have something sugary or if it is mealtime have your meal. When you're feeling yourself again, have a starchy snack.

**If you lose consciousness, you shouldn't be given anything to eat or drink.**

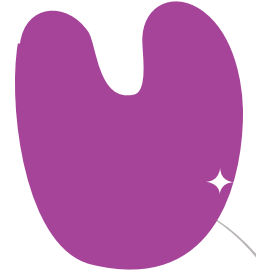
**Someone needs to call 999 straight away and ask for an ambulance.**



# Everything you need to know

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## Diabetes: a recap

### What is diabetes?

When you have diabetes, your body can't use the glucose in your blood properly. This means your blood glucose levels get too high and make you feel poorly.

### What is Type 1 diabetes?

People with diabetes Type 1 are unable to produce insulin. Without insulin your body can't process the glucose from the food you eat. If you have diabetes Type 1, insulin has to be injected or administered by a pump into your body to lower your glucose level. This works by moving sugar from your blood into your body cells.

### Do I need to be on a special diet?

No, just make sure you eat a balanced and varied diet with lots of fruit and veg. There are diabetic foods in the shops, but it's not necessary to buy them. They're no different from ordinary healthy foods and they're quite expensive. Make sure, however, that you have sugar-free soft drinks as sugar in liquid form quickly raises blood glucose levels.

### When should I eat?

It's important to eat snacks and meals at regular times in order to maintain a good blood glucose level. A suitable snack would be a few biscuits or a piece of fruit. It's also a good idea to devise an eating plan with your healthcare team and your family.

### How can your teachers help?

Your teacher can help you keep to your eating plan and ensure that you are near the front of the lunch queue every day.



# Everything you need to know Taking a meter reading

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