



**When you have low blood sugar
you might feel:**



Sweaty



Shaky



Tired



Worried



If you feel like this, test your blood sugar level



4

If your blood sugar is less than 4 mmol/l you need to have 1 of the below:



150 ml of non-diet fizzy drink



200 ml of smooth orange juice



4 large jelly babies



4-5 Glucose tablets



You need to wait 10 minutes



Test your blood sugar again



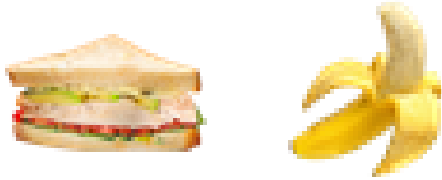
If your blood sugar is still less than 4 mmol/l try one of the foods or drinks again.

You may need to do this a few times.



Keep doing this until your blood sugar is above 4mmol/l

When your blood sugar is about 4 mmol/l



Eat something more filling
like a sandwich or banana



You will feel much better
once your blood sugar is
above 4 mmol/l



Speak with your Doctor or
Nurse if you are having
low blood sugars



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