

# diabetes

## EMERGENCY INFORMATION



Watch for symptoms of Hypoglycaemia (low blood glucose)

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

**IF IN DOUBT, TREAT!**



Emergency action

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

- Fruit juice 1/3 - 1/2 glass
- Sugar containing soft drink 1/3 - 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 disappear 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.



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

Ambulance phone number **000**



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