

# DIABETES EMERGENCY INFORMATION

## 1. 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!**

## 2. Emergency Action

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



**Fruit juice**  
( $\frac{1}{3}$  to  $\frac{1}{2}$  glass or  
125-200 ml)



**Soft drink  
containing sugar**  
( $\frac{1}{3}$  to  $\frac{1}{2}$  can or  
125-200ml)



**Glucose tablets or  
glucose gel**  
(equivalent to  
10-15 grams)



**Sugar or honey**  
(2-3 teaspoons)



**Jelly Beans**  
(4 large or  
7 small)

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

**Ambulance phone number 000**