

Low Blood Glucose

♦ Hypoglycaemia ♦

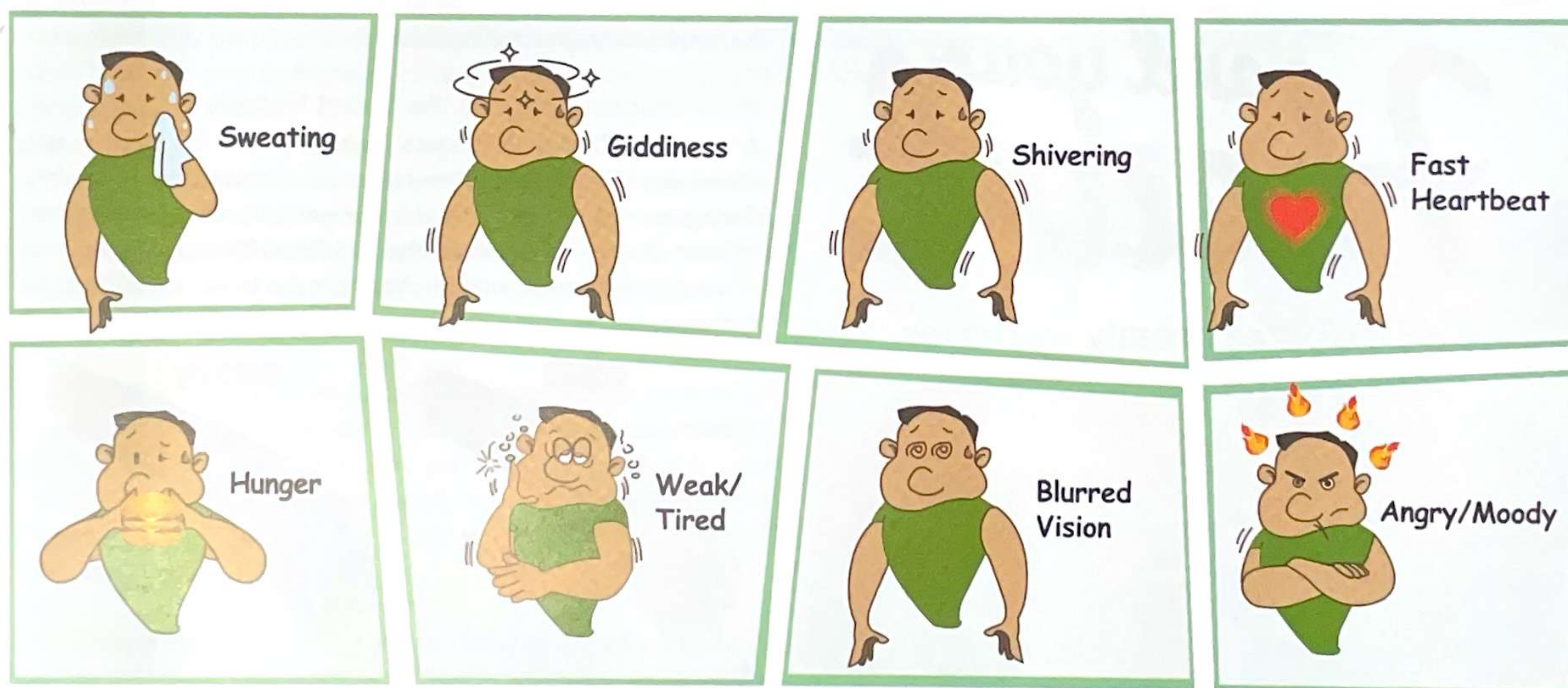
Hypoglycaemia is when your blood sugar is less than 4.0 mmol/L. It may happen with or without symptoms. It is dangerous and is more common in people with Type 1 diabetes.

Hypoglycaemia can be caused by either insulin itself or certain types of medication taken for diabetes (sulfonylurea, or a meglitinide – please check with your doctor and diabetes care

team if your medication can potentially cause hypoglycaemia).

It is important to make sure you take precautions and work together with your healthcare provider(s). Here are three ways to prevent hypoglycaemia. Always check your blood glucose levels, eat meals and snacks at regular times and be active but monitor your blood glucose.

What are the Signs and Symptoms?



A Support Group

Your Family and Friends

For more information,
please contact our Diabetic
Clinic at +603-2617 8396.