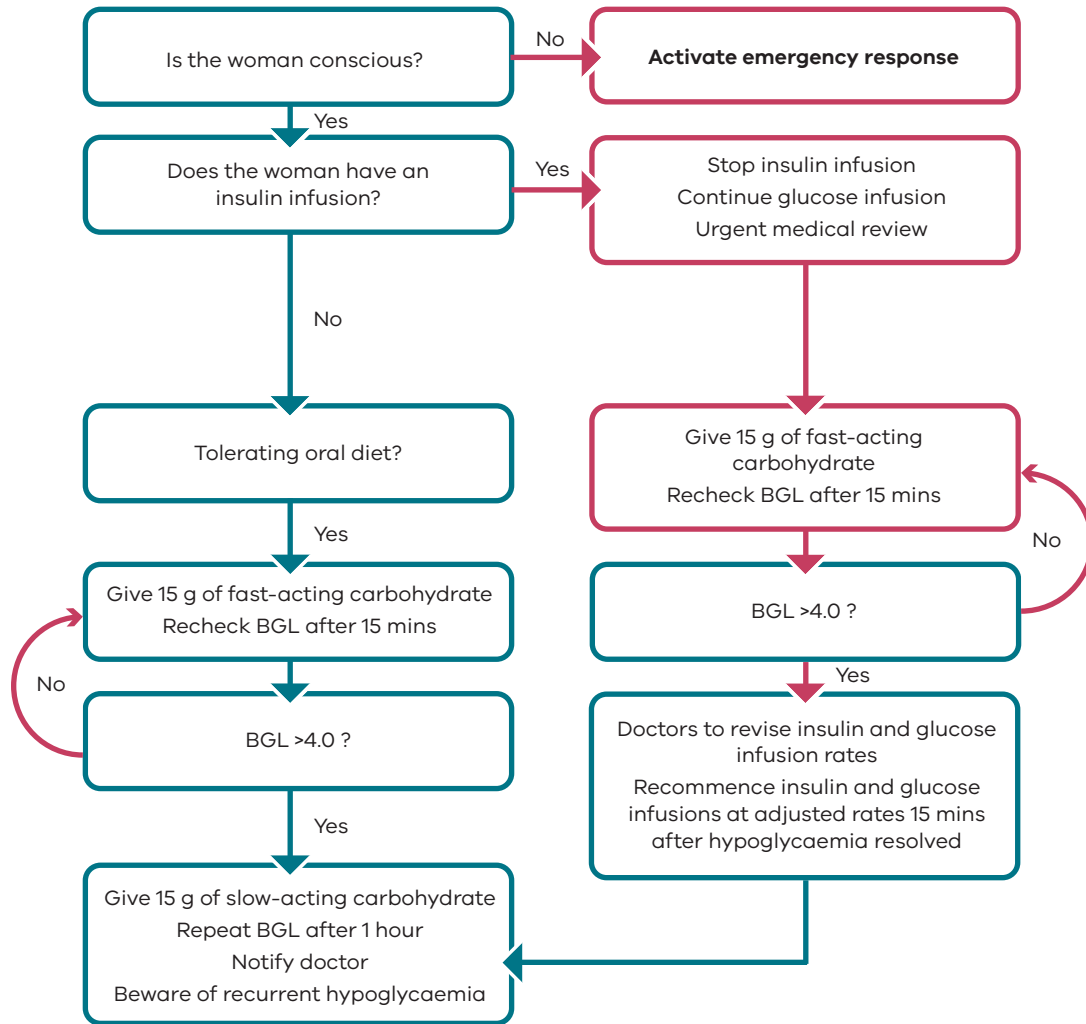


Hypoglycaemia management (BGL <4.0 mmol/L)



Fast-acting carbohydrate – 15 g

- 6–7 jellybeans
- ½ can regular soft drink (not 'diet')
- ½ glass fruit juice
- 3 teaspoons of sugar or honey
- Glucose tablets equal to 15 g

Slow-acting carbohydrate – 15 g

- 250 ml milk or 200 g yoghurt
- 1 slice of bread
- 2 sweet plain biscuits
- 1 piece of fruit
- Next meal, if within 30 minutes