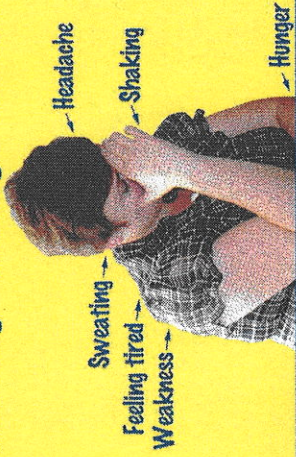




# Hypo Treatment

A Hypo is a blood glucose 3.9 or below with or without symptoms of sweating – shaking – confusion



## 1st - Immediate treatment:

	or	
5 – 6 Dextrose/Lucozade tabs	or	200 mls Concentrated fruit juice
4 Jelly babies	or	Small can of cola (150 mls)

## After 5 minutes follow up with:

20g long acting carbohydrate	or	Bread x 1 Slice
2 x Digestive biscuits	or	Small chocolate bar
4 x Rich Tea	or	Banana