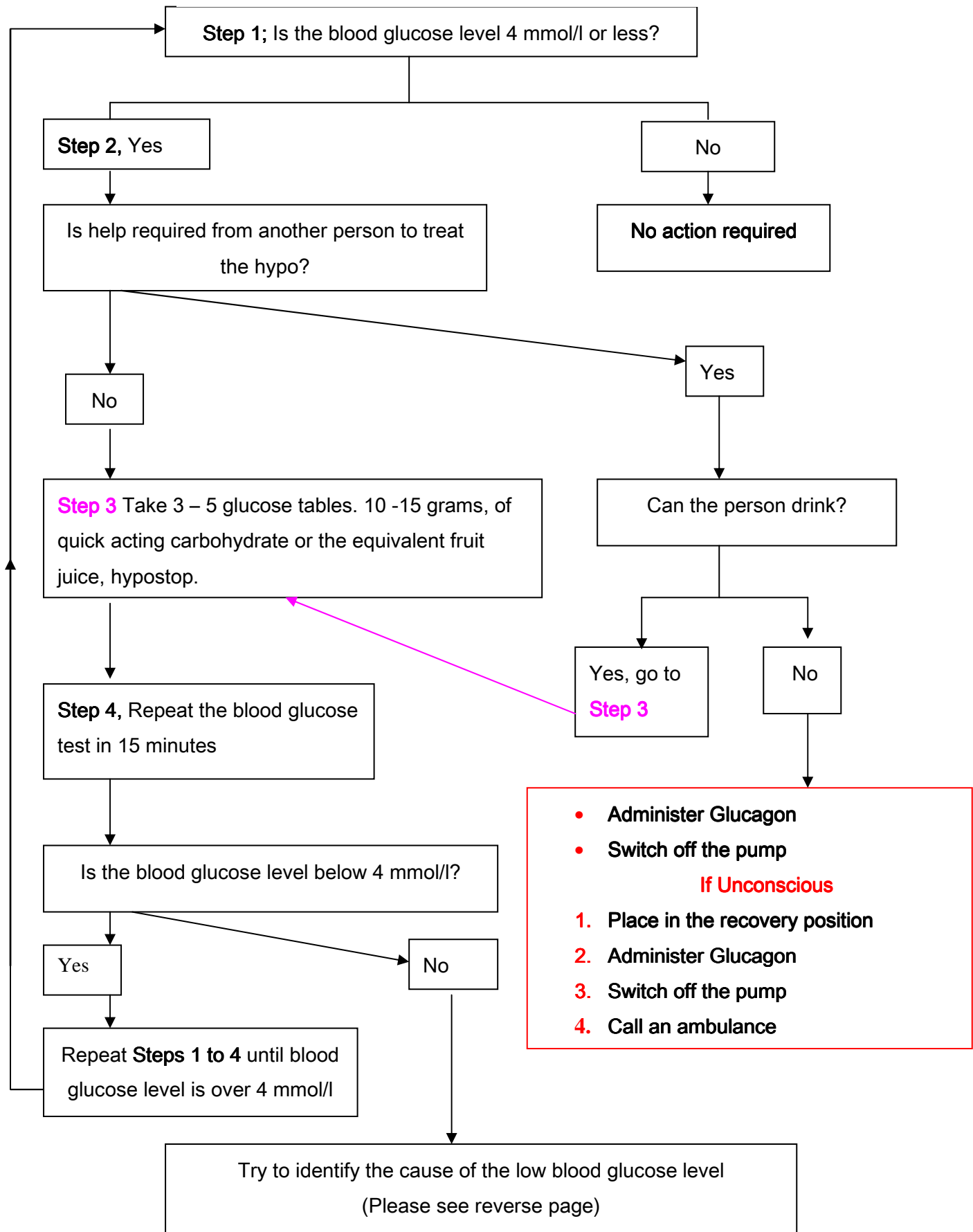


Guidelines for Treatment of Hypoglycaemia (A Low Blood Glucose Level)



Remember to treat yourself first and worry about the pump later

Causes, Prevention and Treatment of Hypoglycaemia

It is important you check your blood glucose level a minimum of 4-6 times. This will help you detect any significant changes in your blood glucose control, so that you can respond quickly. Symptoms of hypoglycaemia may be different on a pump, so if in doubt check your blood glucose level. Try to identify the cause:

- Is the correct basal rate set?
- Has the correct bolus been given?
- Does the insulin dose relate to the carbohydrate intake?
- Check the pump alarms to see if an error has been identified.
- Carry out a 'self test' to check the pump is functioning correctly.
- Has more exercise been taken than usual?
- Have you been exposed to excessive heat such as sauna, bath and sun?
- Always check your blood glucose level before you go to bed. Confirm the appropriate levels with your diabetes team.
- Monitor your blood glucose level before driving. Discuss the appropriate level with your diabetes team.
- Monitor your blood glucose level before, during and after exercise.
- Carry out an extra test if alcohol has been consumed.
- Make sure a family member knows how to administer Glucagon and/or Hypostop and where it might be kept.
- Show a family member how to cancel the alarms, suspend and stop the pump.
- Set the auto -off safety alarm.
- Pre-set the maximum bolus and basal rate.

Treatment of Hypoglycaemia

- Take 10-15 grams of a fast acting carbohydrate such as 3 – 5 glucose tablets, orange juice, hypostop or fruit pastels.
- Test again in 15 minutes.
- If the blood glucose level is still 4 or less treat again as above.
- Always carry a fast acting carbohydrate.