

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, cooperative and has a blood glucose less than 4 mmol/L give any ONE of these:



Fruit juice
(1 small popper or
125-200 ml)



**Soft drink
containing sugar**
(½ 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 is unconscious or uncooperative, get emergency help!

Ambulance phone number 000