

Are you at risk of low blood glucose (hypoglycaemia)?

- > Yes, you are at risk of hypoglycaemia. This is because you are prescribed insulin therapy and/or a sulfonylurea (diabetes oral medication).
- > All hospitals have a special protocol to guide treatment in hospital and this is designed to keep you as safe as possible. This may be different to how you manage low blood glucose at home.
- > There are increased risks for low blood glucose in hospital such as: changes in food, changes in appetite, changes in activity levels, infection, recovering from surgery and different or changed medications.



- > In hospital, we have to treat low blood glucose when it is 4.0mmol/L or less – even if you do not feel 'low'. GTT 75® is a sweet drink that works very quickly to return blood glucose to a safe level. 60ml is used for a start.
- > Once blood glucose is back in a safe range, we then use a serve of plain biscuits to stop blood glucose going low again.
- > If low blood glucose happens again, the doctor may adjust the medication or insulin doses.

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