




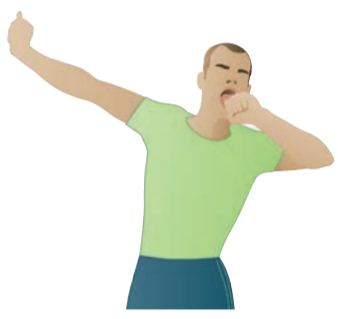



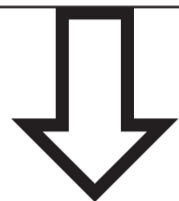


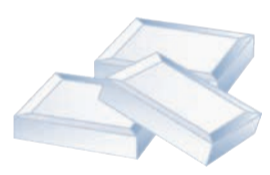


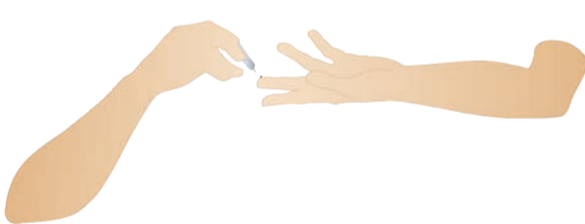




Instruction sheet:
Hypoglycaemia –
«Too little sugar in the blood!»

Symptoms	Sweating / flushing 	Trembling 	Ravenous appetite 	Pale face 	Dizziness / headaches 
	Fatigue / drowsiness / feeling of weakness 	Change in behaviour, e.g. aggression 	Double vision / visual disturbances 	Blood sugar below 4 mmol/l 	

Respond immediately!



Respond immediately!

How to respond?	1. 10 g dextrose, e.g. 3 tablets of Dextro Energen or 4 dextrose lozenges 	or 1 dl of a sweetened beverage containing sugar 	or 1 dl of fruit juice sweetened with sugar 	
	2. Check blood sugar after 15 minutes! ⇒ if blood sugar is below 4 mmol/l or there are still symptoms of hypoglycaemia ⇒ take another 10 g of dextrose!			
	3. If no main meal will be eaten within 1 – 2 hours, then be sure to eat something:  or  or 	Measure blood sugar once again after 1 – 2 hours		
	4. Discuss therapy to lower blood sugar levels with the doctor once again!			

How to prevent it?	<ul style="list-style-type: none"> • Follow dietary recommendations • Always carry a small carbohydrate reserve (sugar or dextrose and also crackers, Darvida or bread) and your emergency diabetes identity card with you • Pay attention to your individual hypoglycaemic symptoms • Note your personal risk situation for a hypoglycaemic episode (e.g. after sports or physical exertion) • Inform your family, colleagues at work and friends about what to do during a hypoglycaemic episode • Alcoholic beverages can lower blood sugar
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