

Please complete

My emergency glucose supplies are kept

If I am non-responsive this is what you should do:

If in doubt, or if I am unconscious please call 999

**Hypoglycaemic episodes (hypos)** occur when blood glucose (BG) levels fall below 4.0 mmol/L

I may be having a hypo if you see the following visible signs:

*Tick your usual signs*

*Add others*

**Signs**

Sudden pale skin

Glazed or staring eyes

Slurring words

Unusual behaviour

e.g. aggression

Lack of concentration

For more symptoms (what I might feel) please look inside.

**Open to find out how to treat a hypo**

**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

Open to find out how to treat a hypo

**I have type 1 diabetes**

If I look unwell I might be having a hypo

My name is:

In an emergency please contact:

Name:

Telephone:

**These are the following symptoms that I may be feeling when I am having a hypo:**

(this varies from person to person.)

**Signs**

Dizziness, weakness or lethargy

Cold, clammy and sweaty

Tingling around the mouth

Hungry

Blurred vision

Irritability

*Add others*

For more visible signs please turn over.

**How to treat a hypo**

Take fast acting glucose (10-15g)

**Eg:**

3-5 glucose tablets

50-80ml lucozade

100-150ml fizzy drink

(NOT diet)

3-5 jelly babies

**DO NOT put food or liquid in my mouth if I am unconscious**

## It is the carbohydrate in foods that affects blood glucose levels.

Below are the carbohydrate (CHO) values in some common foods. The amount of CHO will depend on the weight of the food.

Use this space to include the CHO values and portion size of your favourite foods.

For more information on carbohydrate values: Carbs and Cals by Chris Cheyette and Yello Balolia. ISBN 978-0-9564430-1-4. Visit [www.carbsandcals.com](http://www.carbsandcals.com)

**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

We are JDRF: the UK's type 1 charity. Until the day we find a cure, we are committed to making life better for anyone affected by type 1.

[info@jdrf.org.uk](mailto:info@jdrf.org.uk)  
[www.jdrf.org.uk](http://www.jdrf.org.uk)

Registered charity numbers: 295716 (England and Wales) and SC040123 (Scotland)

Supported by:



**Dextro Energy**  
Glucose on the Go

Food	Weight	CHO	Food (cont)	Weight	CHO	Food (cont)	Weight	CHO
1 med slice wholemeal bread	33g	15g	1 sm glass of orange juice	160ml	14g	1 sm glass of orange juice	160ml	14g
White boiled rice (cooked wt)	48g	15g	2 rich tea biscuits/3 jelly babies	14g	10g	2 rich tea biscuits/3 jelly babies	14g	10g
Pasta twists (cooked weight)	44g	15g	1 sm banana	97g	15g	1 sm banana	97g	15g
2 med new potatoes	130g	20g	1 sm slice of thin crust pizza	50g	10g	1 sm slice of thin crust pizza	50g	10g
Bowl of bran flakes	30g	20g	Bowl of tomato soup (1/2 tin)	205g	15g	Bowl of tomato soup (1/2 tin)	205g	15g