

Low Blood Glucose (Hypoglycaemia)



The Diabetes, Endocrine & Metabolism Centre offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

Low blood glucose (sugar) is defined as blood glucose level below 4.0 mmol/l.



Symptoms



Weakness or
Fatigue



Irritability



Dizziness



Sweating



Hunger



Tremors



Blurred
Vision



Headache



Fast
Heartbeat



Anxiety

If hypoglycaemia is not corrected immediately, more serious symptoms may occur. These symptoms include:

- Confusion or abnormal behaviour
- Loss of consciousness
- Seizures

Causes

- Skipping or delaying meals
- Not eating enough food or carbohydrate
- Taking too much insulin or diabetes medication
- Exercising too much without eating a snack
- Drinking alcohol
- Being unwell

Treatment

Please note that the information below is **only suitable for conscious adults who are able to swallow**. Please call 995 for an ambulance if the patient is drowsy or unconscious.

1. Test your blood glucose level.
2. Consume 15 grams* of rapid-acting sugar for quick relief.
You can consume any of the following:
 - a glass (250ml) of fruit juice
 - 1 tablespoon of sugar or honey
 - 3-4 glucose tablets
 - 6-7 soft sweets (not sugar-free)
 - 1 can (320ml) of a regular soft drink (not diet soft drink)
3. Check your blood glucose level 15 minutes later.
 - If blood glucose level is below 4.0 mmol/l, repeat steps 2 and 3 up to a maximum of 2 times.
 - If blood glucose level is below 4.0 mmol/l after two rounds of treatment, call an ambulance immediately.
 - If blood glucose level is above 4.0 mmol/l, have your regular meal if it is close to your mealtime. Otherwise, have a snack (three pieces of biscuits or a slice of bread) to keep your blood glucose level in your target range.
4. Record each hypoglycaemia episode and inform your healthcare professional. Your treatment may be adjusted.
5. You should always carry rapid-acting sugar with you in case you feel symptoms of low blood glucose or if your blood glucose level is low.

*Information of the Carbohydrate Content (15grams) is from the Nutrition Information Panel of the product.

References:

1. *Hypoglycaemia (low blood sugar)*. (2023, February 20). NHS Inform. Retrieved September 12, 2023, from <https://www.nhsinform.scot/illnesses-and-conditions/blood-and-lymph/hypoglycaemia-low-blood-sugar#causes-of-hypoglycaemia>
2. Joslin Diabetes Center's Clinical Guidelines for Management of Adults with Diabetes. (2020, February 13). Joslin Diabetes. Retrieved September 12, 2023, from <https://joslinprod.s3.amazonaws.com/www.joslin.org/assets/2020-08/clinicalguidelinesformanagementofadultswithdiabetes.pdf>

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

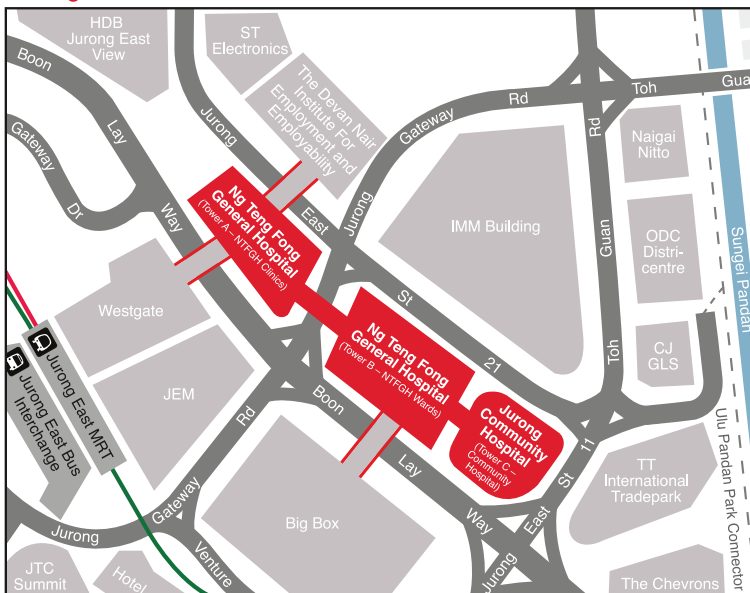
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.