

Hypoglycaemia (Low Blood Sugar)

Hypoglycaemia or low blood sugar is a condition which occurs when your blood sugar level falls below 4.0 mmol/L (72mg/dl). You should treat low blood sugar immediately as it can be dangerous and may cause you to lose consciousness.

What causes hypoglycaemia?

Some common causes of hypoglycaemia are listed below.

- Skipping a meal or eating your meals later than usual
- Having too few carbohydrates in your meal
- Taking diabetes medication and/or insulin at the wrong time
- Taking an overdose of diabetes medication or insulin injection
- Doing extra exercises without eating more
- Drinking alcohol on an empty stomach



How do you know if you have hypoglycaemia?

You may experience the following signs and symptoms*:



Sweating/cold
sweat/shivering



Trembling/
shakiness



Fast
heartbeat



Blurred
vision



Weakness















Dizziness/
headache



Extreme
hunger

* Some people with hypoglycaemia may not experience any of these symptoms. This is known as **hypoglycaemic unawareness**. If you are one of them, it is important to check your blood sugar levels regularly.

What should you do when you have hypoglycaemia?

<p>STEP 1: CHECK</p> 	<p>1. Check your blood sugar level if you feel unwell or start to experience any symptoms of hypoglycaemia.</p>			
<p>STEP 2: TREAT</p> 	<p>2. Immediately take <u>one of the following</u> if your blood sugar level is below 4.0 mmol/L:</p> <table border="1" data-bbox="523 701 1385 1122"> <tr> <td data-bbox="523 701 770 1122"> <p>½ glass of fruit juice (125ml) / 1 packet of reduced sugar packet drink (250ml)</p>  </td> <td data-bbox="774 701 1094 1122"> <p>3 teaspoons or 1 tablespoon of sugar/honey dissolved in water</p>  </td> <td data-bbox="1098 701 1385 1122"> <p>3 sweets (not sugar-free)</p>  </td> </tr> </table>	<p>½ glass of fruit juice (125ml) / 1 packet of reduced sugar packet drink (250ml)</p> 	<p>3 teaspoons or 1 tablespoon of sugar/honey dissolved in water</p> 	<p>3 sweets (not sugar-free)</p> 
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<p>STEP 3: RE-CHECK</p> 	<p>3. Re-check your blood sugar level after <u>15 minutes</u></p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="512 1272 943 1800" style="border: 1px solid blue; border-radius: 15px; padding: 10px; width: 45%;"> <p style="text-align: center;">↓</p> <p>If your blood sugar level is <u>more than 4.0 mmol/L</u></p> <ul style="list-style-type: none"> • Eat your next meal <li style="text-align: center;">or • Take <u>one</u> small snack <ul style="list-style-type: none"> ○ 1 slice of bread ○ 3 pieces of wholemeal crackers ○ 1 cup of low-fat milk </div> <div data-bbox="946 1272 1396 1800" style="border: 1px solid blue; border-radius: 15px; padding: 10px; width: 45%;"> <p style="text-align: center;">↓</p> <p>If your blood sugar level remains <u>less than 4.0 mmol/L</u></p> <ul style="list-style-type: none"> • Repeat step 2 again and recheck your blood sugar levels after 15 minutes • See a doctor immediately if your blood sugar level is still less than 4.0 mmol/L </div> </div>			
<p>STEP 4: EVALUATE</p>	<ul style="list-style-type: none"> • Review your day's activities, diet, and medications to try to find out what caused you to have hypoglycaemia. • Inform your doctor that you had hypoglycaemia at your next consultation. 			

8 tips to prevent hypoglycaemia

Do not take diabetes medication or inject insulin on the morning of your fasting blood tests.

Fast 8 - 10 hours before your fasting blood test. Do not fast for more than 12 hours.

Have regular meals and snacks. Do not delay or skip your meals.

Have enough carbohydrate at each meal. Check with your nurse or dietitian how much you should eat.

Eat a light snack (such as a sandwich) before doing any strenuous exercise or if you are unable to eat your meals on time.

Always keep sweets (not sugar-free) with you.

Check your blood sugar level regularly, especially when you are not feeling well.

Limit alcohol intake. Do not drink alcohol on an empty stomach.

How can your family members, friends or colleagues help if you become unconscious?

- Do not feed you any food or drink.
- Have you lie down on your side.
- Call 995 for an ambulance immediately.

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低血糖症（低血糖）

低血糖症或低血糖是指一个人的血糖低于 4.0 mmol/L (72mg/dl)。您应该立即治疗低血糖，因为它可能导致您失去知觉，造成生命危险。

为什么您会有低血糖？

以下列出一些造成低血糖的常见原因。

- 少吃一餐；延迟用餐时间
- 饮食中碳水化合物份量太少
- 在错误的时间服用了降血糖药物或注射了胰岛素
- 服用过量的降血糖药物或注射过量的胰岛素
- 增加运动量，却没有增加食量
- 空腹喝酒



您如何知道您有低血糖？

低血糖时，您可能会出现以下症状*：



冒冷汗



颤抖



心跳加速



复视



虚弱















头晕/头疼



非常饥饿

*部分患有低血糖症的人可能不会遇到以上的症状。这种情况称为**无意识低血糖**。如果您遇上这种情况，您必须定期检查您的血糖。

出现低血糖时，您该怎么做？

<p>步骤 1: 检验</p> 	<p>1. 如果感到身体不适或出现低血糖症状，请马上检验血糖水平。</p>			
<p>步骤 2: 治疗</p> 	<p>2. 在血糖低于 4.0 mmol/L 时，请马上使用以下的 <u>其中一个方法</u>：</p> <table border="1" data-bbox="528 763 1383 1111"><tr><td data-bbox="528 763 775 1111"><p>½ 杯果汁 (125 毫升) 或 1 包少糖饮料 (250 毫升)</p></td><td data-bbox="775 763 1094 1111"><p>3 茶匙或 1 汤匙糖或 蜜糖 (溶入水中)</p></td><td data-bbox="1094 763 1383 1111"><p>3 颗糖果 (非无糖类)</p></td></tr></table>	<p>½ 杯果汁 (125 毫升) 或 1 包少糖饮料 (250 毫升)</p> 	<p>3 茶匙或 1 汤匙糖或 蜜糖 (溶入水中)</p> 	<p>3 颗糖果 (非无糖类)</p> 
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<p>步骤 3: 再次检查</p> 	<p>3. 等 <u>15 分钟</u> 后再次检查您的血糖水平</p> <div style="display: flex; justify-content: space-around;"><div data-bbox="528 1290 943 1794" style="border: 1px solid blue; border-radius: 15px; padding: 10px;"><p>如果血糖升高到 <u>4.0 mmol/L 以上</u></p><ul style="list-style-type: none">• 提早用餐• 或是• 吃<u>一个</u>点心<ul style="list-style-type: none">○ 1 片面包○ 3 片全麦饼干○ 1 杯低脂牛奶</div><div data-bbox="967 1290 1383 1794" style="border: 1px solid blue; border-radius: 15px; padding: 10px;"><p>如果血糖还是<u>低于</u> <u>4.0 mmol/L</u></p><ul style="list-style-type: none">• 请重复步骤 2，在 15 分钟后再次测量血糖• 如果您的血糖水平还是低于 4 mmol/L，请尽早看医生。</div></div>			
<p>步骤 4: 评价事件</p>	<ul style="list-style-type: none">• 请回顾当日的活动，饮食及药物的服用情况，以找出可能导致低血糖的原因。• 在下次复诊时，请告知医生您低血糖的经历。			

8 个预防低血糖症的贴士

在空腹抽血化验期间，请不要服用降血糖药物或注射胰岛素。

空腹验血期间，禁食应在8-10小时前开始，请不要禁食超过12小时。

定时进餐。不要不吃正餐或延迟进餐时间。

每一餐应该有适量的碳水化合物。请向您的护士或营养师咨询您应该吃多少碳水化合物。

在进行运动前或是用餐时间需要延后时，请先吃一些点心（例如一份三明治）。

随身携带几粒糖果（非无糖类）。

定期检查您的血糖水平，特别是在身体不适的时候。

限制酒精。不要空腹饮酒。

当您因低血糖而昏迷时，您的家人、朋友或同事要怎样帮助您？

- 不要喂您任何食物或饮料。
- 将您侧身躺下。
- 立即拨打 995 救护车。

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Hipoglisemia (Kadar Gula Rendah Dalam Darah)

Hipoglisemia berlaku apabila paras gula dalam darah anda jatuh kurang daripada 4.0 mmol/L (72mg/dL). Anda harus segera membaiki paras gula dalam darah kerana ia adalah merbahaya dan boleh menyebabkan hilang kesedaran.

Apakah sebab-sebab terjadinya hipoglisemia?

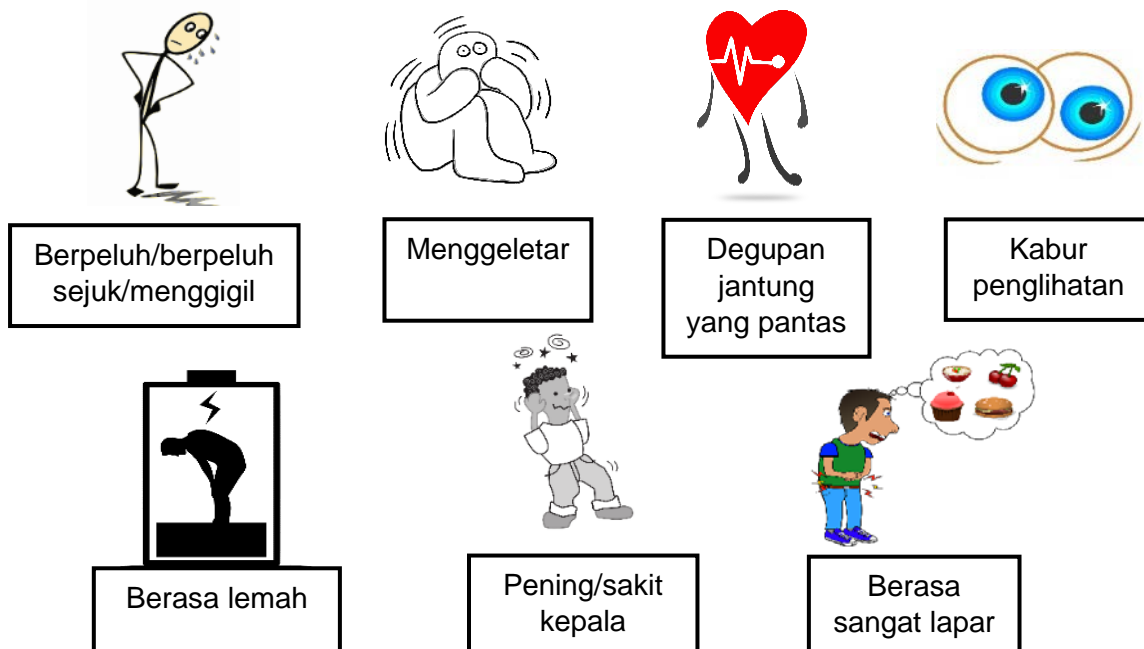
Antara sebab-sebab terjadinya hipoglisemia adalah seperti berikut.

- Melambatkan waktu makan atau tidak makan
- Makan terlalu sedikit karbohidrat (kanji) pada pemakanan anda
- Mengambil ubat kencing manis dan/atau suntikan insulin pada waktu yang salah
- Mengambil ubat kencing manis atau menyuntik insulin lebih daripada jumlah yang ditetapkan
- Bersenam berlebihan tanpa melebihi makanan
- Meminum arak dalam keadaan perut kosong





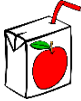
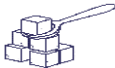

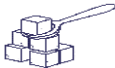

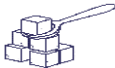


Bagaimana anda tahu yang anda sedang mengalami hipoglisemia?

Anda mungkin akan mengalami tanda-tanda* seperti berikut:



**Sesetengah orang boleh mengalami hipoglisemia tanpa sebarang tanda-tanda yang tertera di atas. Ini dikenali sebagai ketidaksedaran hipoglisemia. Jika anda mengalami situasi demikian, adalah penting untuk anda memeriksa paras gula dalam darah dengan kerap.*

Apa yang perlu anda lakukan jika anda mengalami hipoglisemia?

<p>LANGKAH 1: PERIKSA</p> 	<p>1. Periksa paras gula dalam darah sekiranya anda berasa kurang sihat atau mula mengalami sebarang tanda-tanda hipoglisemia.</p>		
<p>LANGKAH 2: RAWAT</p> 	<p>2. Makan/minum salah <u>satu</u> pilihan berikut dengan segera jika paras gula dalam darah anda kurang daripada 4.0 mmol/L:</p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p>½ gelas jus buah-buahan (125ml) / 1 minuman paket kurang gula (250ml)</p>  </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <p>3 sudu teh atau 1 sudu makan gula/madu larutkan didalam air</p>  </td> <td style="width: 50%; padding: 5px;"> <p>3 biji gula-gula (yang tiada kandungan gula)</p>  </td> </tr> </table>	<p>3 sudu teh atau 1 sudu makan gula/madu larutkan didalam air</p> 	<p>3 biji gula-gula (yang tiada kandungan gula)</p> 
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<p>LANGKAH 3: PERIKSA SEMULA</p> 	<p>3. Periksa semula paras gula dalam darah anda selepas 15 minit</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 1px solid blue; border-radius: 20px; padding: 10px; width: 45%;"> <p style="text-align: center;">↓</p> <p>Jika paras gula dalam darah anda <u>melebihi 4.0 mmol/L</u></p> <p>Makan hidangan anda yang seterusnya seperti biasa</p> <p style="text-align: center;">atau</p> <ul style="list-style-type: none"> • Makan <u>satu</u> snek kecil seperti <ul style="list-style-type: none"> ○ 1 keping roti ○ 3 keping biskut gandum penuh atau ○ 1 cawan susu rendah lemak </div> <div style="border: 1px solid blue; border-radius: 20px; padding: 10px; width: 45%;"> <p style="text-align: center;">↓</p> <p>Jika paras gula darah anda <u>kurang daripada 4.0 mmol/L</u></p> <ul style="list-style-type: none"> • Ulang langkah 2 dan periksa semula paras gula darah anda selepas 15 minit • Jumpa doktor dengan segera jika paras gula darah masih kurang daripada 4 mmol/L </div> </div>		
<p>LANGKAH 4: PANTAU</p>	<ul style="list-style-type: none"> • Pantau aktiviti seharian anda, diet dan ubat-ubatan untuk memahami apakah punca anda mengalami hipoglisemia. • Beritahu doktor anda apabila anda mengalami hipoglisemia pada konsultasi yang akan datang. 		

8 tip untuk mencegah dari hipoglisemia

Jangan mengambil ubat kencing manis atau menyuntik insulin pada waktu pagi temujanji ujian darah (berpuasa).

Puasa 8 - 10 jam sebelum ujian darah (berpuasa). Jangan berpuasa melebihi 12 jam.

Ambil makanan dan snek pada waktu yang tetap. Jangan menanggung waktu makan atau tidak makan.

Makan karbohidrat yang mencukupi pada setiap hidangan. Tanya jururawat atau pakar pemakanan anda mengenai jumlah yang harus anda makan.

Makan snek ringan (seperti sandwic) sebelum melakukan senaman yang berat atau jika anda tidak sempat makan tepat pada waktu.

Sentiasa membawa gula-gula (yang tidak mengandungi gula) bersama anda.

Periksa kadar gula dalam darah dengan tetap, terutama semasa anda kurang sihat.

Hadkan pengambilan minuman arak. Jangan minum arak semasa perut kosong.

Bagaimanakah ahli keluarga, rakan-rakan atau rakan sekerja boleh membantu jika anda hilang kesedaran?

- Jangan suapkan anda makanan atau minuman.
- Miringkan badan anda ketepi.
- Hubungi 995 untuk membuat panggilan ambulans dengan segera.

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