

# Managing hypoglycaemia on an insulin pump

## Blood glucose level less than 4mmol/L

### Common causes of hypoglycaemia on a pump

- **Too much insulin.**
- **Overestimating carbohydrate consumed.**
- **Bolusing for carbohydrate after a meal.**
- **Not reducing your insulin dose before, during or after exercise.**
- **Drinking alcohol without eating carbohydrates.**

### Symptoms of hypoglycaemia

- Sweating
- Headache
- Hunger
- Shaking
- Lack of concentration
- Feeling irritable

### Blood glucose level less than 4mmol/L

#### STEP 1:

If your blood glucose level is less than 4.0mmol/L please treat with one of these options

Treatment (choose one)	Amount = 15g Carbohydrate	Products
TruePlus™ Glucose Shot	1 bottle = 60mls	
GlucoJel™ Jelly Beans, GlucoBoost Jelly Beans	GlucoJel™ = 5 Jelly Beans GlucoBoost = 3 Jelly Beans	
Regular Soft Drink (not diet)	150ml or a small glass	
Oral Glucose Gel including True Plus Gel, Glucose 15 Gel, Glucoblast Gel	1 tube	
Glucose Tablets, Glucochew Tablets (available online)	TruePlus = 3 tables Glucochew = 3 tablets	



**Blood glucose level less than 2.5 mmol/L**  
**At this level there is a risk of loss of consciousness.**

- 1** STOP/SUSPEND the pump. If you are unable to do this disconnect it.
- 2** Follow glucose treatment steps to the left.
- 3** Re-test blood glucose levels in 10–15 minutes.
- 4** If still **less than 4mmol/L**, repeat glucose treatment to the left.
- 5** Resume or reconnect pump only when blood glucose levels are **4mmol/L or above.**

#### STEP 2:

**Wait 10–15 minutes and re-check blood glucose**

**If your blood glucose level is less than 4mmol/L, repeat step 1.**

## Blood glucose level between 4.0–5.0 mmol/L

- This is a safer blood glucose level.
- No treatment is required.
- If you are concerned that your blood glucose levels may be dropping check again in 20-30 minutes.
- For manual mode pump users, you may decide to start a reduced temporary basal rate for an hour or more if you are concerned your blood glucose levels may continue to drop.

## Our insulin pump service is one of the largest in Australia



### What can we do for you?

**Our service is here to assist you with:**

- ✓ Starting insulin pump therapy
- ✓ Upgrading your existing insulin pump
- ✓ Providing more information if you want to learn more about this exciting technology
- ✓ We can help identify patterns of low blood glucose levels and develop personalised tips for prevention and management.



### Who can attend?

**Our service is available to everyone and a referral is not required. To qualify for the insulin pump service, you need to:**

- ✓ Have private health insurance for a minimum of 12 months
- ✓ Be under the care of a specialist diabetes doctor
- ✓ Be willing to learn and practice carbohydrate counting
- ✓ Be wearing CGMS or willing to test your blood glucose for tracking your levels up to 8 times/day in the beginning
- ✓ Be prepared to attend a number of pump preparation and follow up appointments.

### More information

 Call us on **(03) 8532 1800** or

 visit [www.baker.edu.au/insulin-pumps](http://www.baker.edu.au/insulin-pumps)



Baker Heart and Diabetes Institute  
Level 4, 99 Commercial Road, Melbourne, Vic 3004 Australia  
T (03) 8532 1800 F (03) 8532 1899 W [www.baker.edu.au](http://www.baker.edu.au)



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