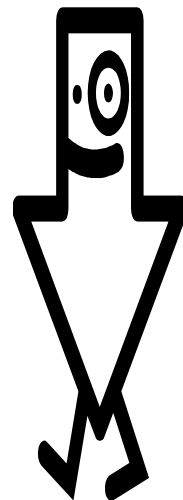


過低血糖：自我護理步驟

Low Blood Sugar Self-care Steps

如有以下的症狀：出汗、震抖、感覺混亂、緊張、煩躁

1. 立即停止現時的活動
2. 測試你的血糖
3. 如果血糖低過 70度，要食以下一種的「快速良方」食物
 - A. 半杯(4安士)水果汁
 - B. 半罐有糖份的汽水(不是無糖汽水)
 - C. 二湯匙提子乾
 - D. 3 小包沙糖
 - E. 5-6 粒硬糖
 - F. 3-4 粒糖丸 Glucose tablets (任何藥房均有售)
4. 等15分鐘然後再次測試你的血糖以確保升到80度以上
5. 如你感覺好轉及血糖回升到80度以上，而離用膳時間超過1小時，請即加小食如一個包，花生醬及餅乾，半碗麵加肉或半個三文治
6. 食了「快速良方」食物後，如血糖仍然低過80度，重覆第3及4步驟，直至高過80度。如重覆自我護理步驟三次後，血糖仍然低過80度，請聯絡你的醫生



If you have any of the following symptoms : Sweaty, Shaky, Confused, Anxious or Nervous, Irritable

1. Immediately stop what you are doing
2. Test your blood sugar
3. If your blood sugar is less than 70, then eat one of the following "remedy" foods
 - a. half cup(4oz) of juice
 - b. ½ can of regular soft drink (not diet)
 - c. 2 tablespoons of raisins
 - d. 3 packets of sugar
 - e. 5-6 hard candies e.g. Life Savers
 - f. 3-4 glucose tablets (you can buy these at any pharmacy)
4. Wait 15 minutes and then test your blood sugar again to make sure it is going up
5. If you feel better and your blood sugar is rising, and your next meal is an hour or more away, eat something a little more substantial such as a small meal, or crackers with peanut butter (the pre-packaged kind work well)
6. If your blood sugar is still low (less than 80) after eating the "remedy" foods, repeat step 3 and 4 until your blood sugar is higher than 80. If it is still less than 80 after 3 times, call your doctor.