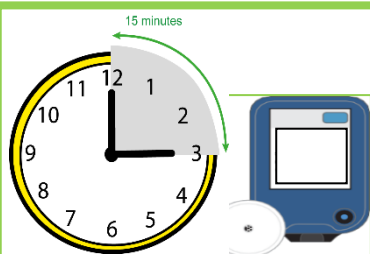# Treating a hypo

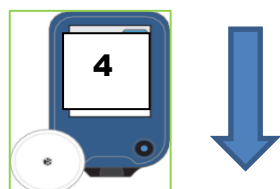|	
hypo	You must have something sweet when your blood sugar is 4 or below.
	Take **one** of the following **sweet portions**: • 4 large jelly babies • Small non diet fizzy drink • 5-6 Dextrose tablets • 4-5 Lift glucose chews • 60 ml Lift glucose shot
	Wait 15 minutes. Then test your blood sugars again.
	If your blood sugar is below 4. Have one sweet portion.
	If your blood sugar is above four have **one** of following: • 2 biscuits • A piece of fruit • Your next meal