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1 Eat or drink **15g** of fast-acting carbs. Jelly Babies and Lucozade are popular hypo treatments.
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2 If your next meal isn't due, have some slower acting carbs like an apple or banana.
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3 Wait for **15 minutes**.
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4 Test your blood glucose
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5 Less than 4mmol/L (72mg/dL)? Repeat steps **1**, **3** and **4** again.