

Avoiding hypos after exercising



What to do after you exercise

Does the type of exercise and its intensity put you at risk of a hypo after you exercise?

Yes

Will you be taking fast-acting insulin with food after you exercise?

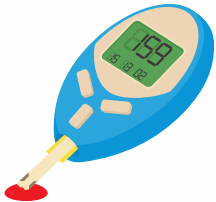
Yes



No

Look at the "Avoiding Hypos Before Bed" flowchart

You should try to eat some carbs within 2 hours of finishing exercising, as you need to replace the glucose in your liver.



You will also need to reduce the amount of insulin you inject with the carbs for your next 2 meals. How much you reduce the dose depends on how hard and for how long you are planning to exercise. A 50% reduction is a good place to start although some people need as little as a 10% reductions whilst, for others, as much as 90% is necessary. Short duration low intensity exercise will need less of a reduction than high intensity, longer duration exercise. Ask your diabetes care team what they recommend you begin with and see if it works.

If your blood glucose is high after exercising and during the night you have reduced it too much – next time reduce it a bit less.



If you have a hypo after exercising or during the night you should reduce it a bit more the next time.

If the reduced insulin dose or your increased carb intake works and your blood glucose levels are normal, that's great!

