Hypoglycemia refers to low blood glucose (blood sugar) levels that drop below 70 mg/dL when you are taking medications that can cause low blood glucose. Significant hypoglycemia is considered below 54 mg/dL. If you use oral diabetes medications, ask your physician or diabetes educator whether hypoglycemia should be a concern for you.

1. Are you taking medication for your diabetes that can cause a low blood glucose?
   Yes ____    No ____    I don’t know ____

2. Within the last month, have you had any blood glucose levels under 70?
   None ____    1-2____  3-5 ____  6-10 ____  more than 10 times ____

3. Do you feel symptoms when your blood glucose is under 70?
   Never____  Sometimes____  Always____

4. Do you show symptoms when your blood glucose is under 70?
   Never____  Sometimes____  Always____

5. Do you carry something with you at all times, such as glucose tablets or gel with you to treat a low blood glucose?
   Never____  Sometimes____  Always____

6. Do you carry a snack with you to prevent a low blood glucose?
   Never____  Sometimes____  Always____

7. Within the last month, did someone else have to help you treat a low blood glucose because you were unable to do so?   Yes ____    No ____

8. Do you check your blood glucose before you start to drive?
   Never____  Sometimes____  Always____

9. What blood glucose level do you think is too low to drive a car?
   _________  I don’t know  _____

10. When you have a low blood glucose, do you know what caused it?
    Never____  Sometimes____  Always____

11. Do you have glucagon at home?  Yes _____  No _____
    If so, does someone know how to use it?  Yes _____  No _____

12. What do you consider a low blood glucose that needs to be treated? _______

Questions? Cheryl Barry, RN, MS, CDE  Manager, Diabetes Education Program