HYPOGLYCEMIA QUESTIONNAIRE

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. Do you currently take diabetes medication that may cause low blood glucose?  
   Yes ____ No ____ I don’t know _____

2. Within the last month, has your blood glucose level dropped below 70?  
   None ____ 1-2 ____ 3-5 ____ 6-10 ____ more than 10 times _____

3. Do you feel symptoms when your blood glucose is below 70?  
   Never _____ Sometimes _____ Always _____

4. Do you show symptoms when your blood glucose is below 70?  
   Never _____ Sometimes _____ Always _____

5. Do you always carry glucose tabs, gel, etc. to treat low blood glucose?  
   Never _____ Sometimes _____ Always _____

6. Do you always carry a snack with you to prevent low blood glucose?  
   Never _____ Sometimes _____ Always _____

7. Within the last month, has someone else had 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 experience 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 requires treatment? ______________

QUESTIONS? Cheryl Barry, RN, MS, CDCES, Manager, Adult Diabetes Education