

9 ESSENTIAL THINGS TO DISCUSS WITH YOUR DIABETES HEALTHCARE TEAM REGARDING LOW BLOOD SUGAR

It is very helpful to have the support person in your life accompany you to this discussion. If hypoglycemia unawareness is a factor, it is even more critical that someone be there to learn how to help and give information to the healthcare team about hypoglycemia events they may have witnessed.

If you are at risk or are unsure if you may be at risk for low blood sugar, bring this checklist with you to your next diabetes management appointment (or ask these questions if appointment is virtual or by phone).

- 1. What is my current risk for hypoglycemia (low blood sugar)?**
- 2. How can I prevent a low blood sugar reaction?**
- 3. How do I recognize the signs and symptoms of a low blood sugar emergency?**
- 4. Are there better management options for me to prevent low blood sugars, such as different medications or insulin types?**
- 5. What are my monitoring options for detecting and confirming low blood sugar?**
- 6. What are the regulations about driving and potential lows?**
- 7. How can I prepare to manage a severe low blood sugar?**
- 8. How can I prepare others to help me manage a severe low blood sugar?**
- 9. How is rescue medication (glucagon) used to manage a low blood sugar emergency?**