CLINICA family health

Self-Assessment Sheet: Hyperglycemia and Hypoglycemia

1. I know the symptoms I may feel when I have high blood sugar.
   a. True b. False

2. I know the symptoms I may feel when I have low blood sugar.
   a. True b. False

3. When I have a low blood sugar level, I know what I can eat or drink to raise my blood sugar to normal levels.
   a. True b. False

4. To raise my blood sugar to normal, I usually eat/drink:

5. I know what the 15/15 rule means.
   a. True b. False

6. When my blood sugar is higher than normal, I know what to do to lower it to the normal level.
   a. True b. False

7. When my blood sugar is running high, to lower it I usually:

8. I have experienced this condition more: High blood sugars or Low blood sugars
   a. in the morning
   b. in the afternoon
   c. at night

9. I would like more information on preventing:
   a. High blood sugar levels b. Low blood sugar levels

*Adapted from Centering Pregnancy® Model Handbook