

How glucagon can save your life.

Glucagon is a medicine that raises blood sugar and is important therapy for low blood sugar (hypoglycemia). It is given as a shot, under the skin. If your blood sugar level gets so low that you pass out or can't swallow, you will need a glucagon shot.

Every person who takes insulin should keep glucagon on hand. If you take insulin, your family, friends, coworkers, and exercise partners should learn how to give you a shot of glucagon. **If you need it, you won't be able to give it to yourself.**

Glucagon is available in a package with the supplies that are needed to take it. This package is called a **Glucagon Emergency Kit**. You need a prescription to buy glucagon or a Glucagon Emergency Kit. Ask your doctor for a prescription. The emergency kit contains a bottle of glucagon (dry powder) and a syringe filled with special liquid.



Why others need to know how to inject you with glucagon.

Show your family, friends, coworkers, and exercise partners how to use the kit. They need to know how to use it

before you need it. They can practice giving a shot by giving you your normal insulin shots. It's important that they practice. A person who has never given a shot probably wouldn't be able to do it in an emergency.

When others should inject you with glucagon.

Family, friends, coworkers, or exercise partners should give you glucagon if:

1. You are unconscious.
2. You are unable to eat sugar or a sugar-sweetened product.
3. You don't improve after eating a sugar-sweetened product.



Whenever possible, it is important to test blood sugar before giving glucagon.



Glucagon is a safe drug. There is no danger of taking too much. However, it is for emergencies and should be used only under the direction of your doctor. As with hypoglycemia, nausea and vomiting may occur. Generalized allergic reactions have also been reported with glucagon use.



How to use the Glucagon Emergency Kit.

Here are step-by-step instructions for using the Glucagon Emergency Kit. It's important that you, your family, friends, coworkers, and exercise partners read and understand these instructions.

NOTE: Glucagon should **not** be mixed until just before it is to be injected. Important product information for glucagon is available from your healthcare professional.

How to prepare glucagon for injection.

1. • Remove the flip-off seal from the bottle of glucagon. *See Figure 1.*
 - Wipe the rubber stopper on the bottle with an alcohol swab.
2. • Remove the needle protector from the syringe.
 - Inject the entire contents of the syringe into the bottle of glucagon. *See Figure 2.*



NOTE: Do not remove the plastic clip from the syringe. This clip prevents the plunger from being pulled out of the syringe.

3. • Remove the syringe from the bottle.
 - Shake the bottle gently until the glucagon dissolves and the solution becomes clear. **Glucagon should not be used unless the solution is clear and of waterlike consistency.** *See Figure 3.*
 - Glucagon should be injected immediately after mixing.



How to inject glucagon.

Glucagon is injected the same way as insulin.

1. • Using the same syringe, withdraw all of the solution (1 mg mark on the syringe) from the bottle. For children weighing less than 44 lb (20 kg), withdraw half the solution from the bottle (0.5 mg mark on the syringe). *See Figure 4.*
2. • Cleanse injection site on buttock, arm, or thigh with an alcohol swab.
3. • Insert the needle into the loose tissue at the cleansed injection site.
 - Inject all of the glucagon solution. **There is no danger of overdose.** *See Figure 5.*
 - Apply light pressure at the injection site and withdraw the needle.
 - Press an alcohol swab against the injection site.
4. • Turn the patient on his/her side. When an unconscious person awakens, he/she may vomit. Turning the patient on his/her side will prevent choking.
5. • **Feed the patient as soon as he/she awakens and is able to swallow.** Give the patient a fast-acting source of sugar such as a regular soft drink or orange juice and a longer-acting source of sugar such as crackers and cheese or a meat sandwich.
 - If the patient does not awaken within 15 minutes, give another dose of glucagon and **obtain medical help immediately.** **WARNING: The patient may be in a coma from severe hyperglycemia (extremely high blood sugar) rather than hypoglycemia. In such a case, the patient will NOT respond to glucagon and will require immediate medical attention.**
6. • Even if glucagon revives the patient, his/her doctor should be notified promptly. A doctor should be told whenever severe hypoglycemic reactions occur.



Be prepared! Make sure your family and friends have emergency phone numbers, such as those for your doctor and the nearest emergency room. Also, be sure to take your Glucagon Emergency Kit any time you go away on a business trip or a vacation.