

# Using glucagon in an emergency

Glucagon is an emergency medicine that raises your blood sugar. It is used when blood sugar is dangerously low, and you can't take pills because you can't swallow, are vomiting, or have passed out.

Talk with your doctor about glucagon for and ask for a prescription to have it with you in case of emergencies.

## Be ready

- ✓ Talk with your doctor to learn how to use glucagon.
- ✓ Teach a family member or friend how to use it, so they can help during an emergency. Show them where you keep your glucagon, and go over the instructions together from time to time.
- ✓ Always keep glucagon with you. Keep some at work or in your car.
- ✓ Store your glucagon according to the package directions. Check the glucagon's expiration date and replace it if necessary.

## How to use glucagon

Glucagon comes as a nasal spray or an injection. If you're using the nasal spray, injection pen, or injection kit, follow the instructions on the package.

If you're using the injection that doesn't come in a kit, follow these instructions:

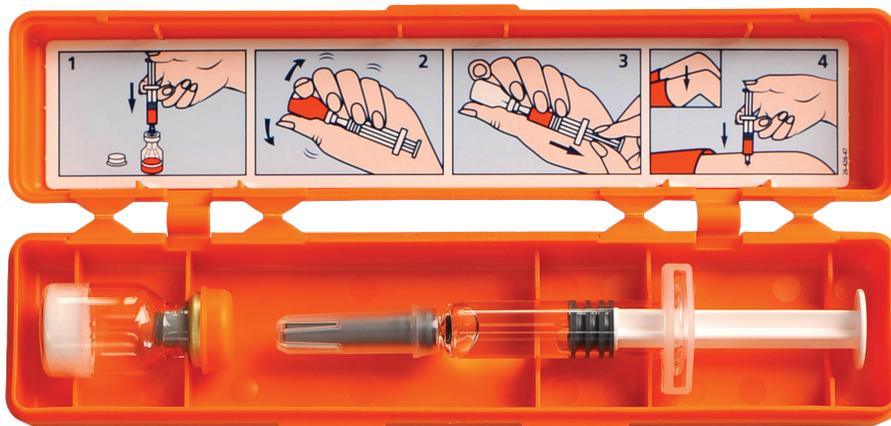
### Preparing the injection

- Remove the flip-off tops on bottles 1 and 2. Bottle 1 is a liquid, and bottle 2 is a white powder.
- Pull the syringe's plunger to the 50-unit mark.
- Put bottle 1 (with the liquid) on a table or flat surface. Stick the syringe needle into the bottle's rubber stopper.
- Push the plunger all the way down.
- Flip the bottle and syringe upside down.
- Pull the plunger out to pull as much of the liquid as possible into the syringe.
- Pull the needle and syringe out of bottle 1.
- Stick the needle into bottle 2 (with the powder).
- Push the plunger all the way to transfer all the liquid into the bottle.
- Remove the needle and syringe.
- Shake the bottle gently until the powder is dissolved and the solution is clear.
- Stick the needle back into bottle 2 (the mixed glucagon) and pull the plunger all the way to draw all the liquid into the syringe.



## Tip

For glucagon that doesn't come in a kit, tape an insulin syringe to the box so you will have it ready in an emergency.



## Giving glucagon and caring for the person

- Inject all the glucagon in the syringe into the arm, belly, thigh, or bottom, the same way you inject insulin.
- Turn the person on their side or belly. People often vomit after getting glucagon.
- If the person doesn't wake up after 15 minutes, call 911 for help. Give them another dose of glucagon, if available. Seizures can happen.
- Feed the person as soon as they are awake, alert, and able to eat. Start with some juice or sugared soda to be sure they can swallow. Then give them a carb and protein, such as a meat or cheese sandwich. Glucagon works only for a very short time, so it's very important that the person takes in extra calories.

**After the emergency, write down what happened and let your doctor or diabetes educator know.**