

# *What Is Glucagon?*

Glucagon is an emergency drug which is given as an injection to raise the blood sugar level. It should be used for a severe insulin reaction or during a hypoglycemic episode that causes unconsciousness.

Ask your health care provider if you need a prescription for glucagon. You and your family members will need to learn how to use it. Review this procedure occasionally with your family members and be sure they know where you keep the glucagon. It will be difficult to figure out how to use it in an emergency situation.

Check the expiration date on the glucagon package occasionally to be sure it is still good. You may want to tape or rubber band a syringe to the box so that it will be easy to find in an emergency.

Glucagon comes in a kit or in a box. If you use a kit, follow the instructions provided.

If you do not use a kit, follow the instructions below.

## *How Is Glucagon Used?*

1. Remove the flip-off tops on bottles 1 and 2. Bottle 1 is the diluting liquid and bottle 2 is a white powder.
2. Pull back the plunger of a U-100 insulin syringe to the 50-unit mark.
3. Set bottle 1 (the bottle with the liquid) on a table or flat surface. Insert the needle of the syringe through the rubber stopper on the top of the bottle.
4. Inject air from the syringe into the bottle, then turn the bottle and needle upside down.
5. Withdraw as much of the liquid as possible into the syringe.
6. Remove the needle and syringe from bottle 1 and insert the same needle into bottle 2 (the bottle with the powder). Inject all liquid from the syringe into bottle 2.
7. Remove the needle and syringe. Shake the bottle gently until all the powder is dissolved and the solution is clear.
8. Withdraw the entire contents of bottle 2 (the mixed glucagon) back into the syringe.
9. Inject all the glucagon in the syringe into the upper arm, abdomen, thigh, or buttocks, the same way you would inject insulin.

## *Important Precautions To Remember*

1. If you are a family member or friend administering the glucagon, turn the person onto their side or abdomen. People often vomit after receiving glucagon.
2. As soon as the person has woken up, is alert and able to eat, feed them. Give them some juice or non-diet soda. Be sure they are able to swallow. Then give them a longer acting carbohydrate and protein, such as a meat or cheese sandwich. Glucagon only acts for a short period of time, so it is very important that they take some extra calories.
3. If the person does not wake up after 15 minutes, repeat the dose of glucagon and call 911 for assistance.
4. Be sure to call your health care provider after an unconscious reaction or a seizure occurs. Document the event in the glucose monitoring log book.

**Review this procedure with your health care provider so your family member or friend will be prepared in case you should ever need to use glucagon.**