

GLUCAGON

What is glucagon?

Glucagon is a hormone that quickly raises the blood sugar level in an **EMERGENCY**, such as severe low blood sugar that makes you unresponsive.

Glucagon may need to be given if your blood sugar is so low that you are unable to swallow safely or you are unconscious.

Glucagon is not sugar. When glucagon is injected, your liver receives a message to release sugar to help raise your blood sugar level.

Glucagon Emergency Kit

You can obtain a glucagon emergency kit from the pharmacy- your doctor will give you a prescription for this.

Read the instructions. It is important for someone in the household to know how to prepare and give glucagon before you need to do this is an emergency.

Do not prepare the glucagon before an emergency happens.

Be sure to check the expiry date regularly and replace the kit before it expires.

How to give glucagon in an emergency:

These instructions will be carried out by someone else helping you.

1. Check the blood sugar.
2. Turn the individual on their side: If the blood sugar is low and the person is unable to swallow safely, give the person glucagon.
3. Prepare the glucagon as per the instructions.
4. Give the glucagon.
 - a. Choose the injection site (buttocks, upper and outer thigh or the fatty part of the back of the upper arm)
 - b. Inject the needle straight in at 90°
 - c. Push the plunger in to give the glucagon
 - d. Remove the needle from the skin
5. Call for medical help- call 911 and stay with the person on their side.

To stay safe while you are waiting for medical help check the blood sugar level every 15 minutes until it is above 4mmol/L.

Once you are awake and able to swallow, have a snack with carbohydrate and protein- cheese and crackers for example.

Be aware that glucagon may make you feel sick or vomit.

Safely dispose of the needle and any remaining glucagon after use.