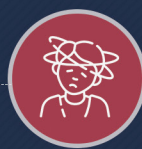


Hypoglycemia Emergency?



Your friends or family may recognize signs that you are experiencing hypoglycemia before you do, especially if you are acting unusual, confused, or agitated.

They should also be familiar with the signs and know how to help you.

Hypoglycemia is manageable, and prevention is best!



Preventing Hypoglycemia

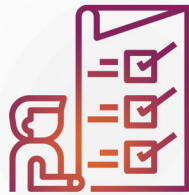
Make sure you understand how your blood sugar responds to changes in your schedule or meals.

Also, know your medications and how to take them. Consider these other ways to prevent hypoglycemia:

- ✔ Monitor your blood sugar regularly
- ✔ If prescribed, use a continuous glucose monitor that has alarms and alerts for low blood sugar levels
- ✔ Dose insulin as instructed by your provider, adjusting as directed for food, exercise, and blood sugar levels
- ✔ Always carry a source of glucose
- ✔ Work with a Certified Diabetes Care and Education Specialist to learn about preventing and treating hypoglycemia

- ✔ Follow your diabetes treatment plan and ask for adjustments if you feel that your treatment regimen isn't working
- ✔ Prepare questions to ask when speaking with your healthcare provider
- ✔ Talk to your healthcare provider to see if you need emergency glucagon to treat potential episodes of severe hypoglycemia

Administration of glucagon is not limited to healthcare professionals. Your family, friends, and coworkers should know where your glucagon emergency kit is stored and how to use it.



Be Prepared

Know the "Rule of 15":



Consume 15 grams of simple carbohydrate

- 4 ounces of juice or sugary soda
- 8 ounces of milk
- 3-4 glucose tablets (see instructions)
- 1 tablespoon of sugar, honey, or corn syrup
- Hard candy (see label for number of carbohydrates)
- Glucose gels (see instructions)



Wait 15 minutes to see if glucose levels increase (via continuous glucose monitoring or fingerstick)



Repeat treatment until blood sugar is at least 70 mg/dL

Patients with diabetes who may experience very low blood sugar (severe hypoglycemia needing assistance) **should also have an emergency glucagon kit** (or two!) available in case it is needed. This would be if you are unable to eat or drink and need help from someone else. **There are several different types of emergency glucagon**, so be sure to discuss the options with your healthcare provider, as well as your family and friends who may have to give it to you.

Make sure to tell your healthcare provider each time you have to use emergency glucagon.



Store your emergency glucagon kit in a readily accessible place.

You – and those who may have to use the glucagon – should know where it is located and how to use it. There are many places to get this information:



The websites of the companies who make emergency glucagon have directions and videos to show how it is administered



Your healthcare provider may have a demonstration device to show you and your loved ones



Apps for your phone that have training guides

Things to Know



How to use your glucagon kit - and be sure to teach others how to use it



Where your glucagon emergency kit is



When your glucagon expires



It's important to check the expiration date of your glucagon device.



DO NOT use it if it is expired (usually between 1-2 years after you receive it).



You can add a reminder to reorder on your paper or electronic calendar, and some phone apps can remind you when it is about to expire.



If your device expires, talk to your pharmacist or your healthcare provider by using their patient health portal (such as MyChart®) to request a refill.

Resources



American Diabetes Association



Association of Diabetes Care & Education Specialists



Glucagon products in the United States:

- www.baqsimi.com
- www.gvokeglucagon.com
- www.lillyglucagon.com
- www.zegalogue.com