

# What Is Glucagon?

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Glucagon is medicine to treat very low blood glucose (hypoglycemia). It is used only in emergencies.

**Make sure that everyone around you knows how to give glucagon.** This may include family, friends, co-workers, teachers, school nurses and babysitters. If you pass out or unable to swallow food or liquid, you will not be able to give yourself glucagon.

Store your glucagon kit in a safe place that's easy to remember. Make sure everyone knows where to find it. Your kit contains:

- A syringe with liquid.
- A bottle of powder (the medicine).
- Directions and pictures for mixing.

Check the kit's expiration date (sometimes called "use-by date") often. If it is out of date, call your doctor for a new prescription.

**Always tell your care team if you had to use glucagon.** Your insulin may need to change to prevent another low-glucose event.

## Glucagon tips

Bring your kit along if you will be away for a period of time (for example, on vacation or a field trip).

If you have old kits, your family and friends can practice mixing the medicine and inject it into an orange. If they ever need to give you glucagon, they will feel more at ease.

## How to give glucagon

1. Check to see if the person is conscious and able to swallow food or drink. If not conscious and not able to swallow, his or her blood glucose is very low. **Glucagon is needed right away.**
2. Mix the glucagon:
  - Remove the lid on the bottle of powder.
  - Using the syringe, inject all of the liquid into the bottle.
  - Gently roll the bottle between your hands until it is well mixed or looks clear. **Do not shake the bottle.** Shaking will create bubbles.
3. Use the syringe to draw up the correct dose from the bottle.
  - **For kids less than 44 pounds (20 kg):** 0.5 mg
  - **For kids or adults 44 pounds (20 kg) or more:** 1 mg
4. Inject the medicine in the thigh, buttocks or back of the arm.
5. Turn the person on his or her side. Some people will vomit after the shot.
6. When the person can swallow, have him or her eat or drink some carbohydrate.
7. The person should respond after 15 minutes. If no response, call 911. If you have another kit, give a second shot while waiting for help to arrive.

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