

# Managing Low Blood Sugar with Glucagon

## What is Glucagon?

Glucagon is a hormone used in emergencies to treat severe low blood sugar (when you cannot safely take sugar by mouth). It raises blood glucose by prompting the liver to release stored sugar into the bloodstream. This increase is temporary, so you should eat a snack after use.

## Who Should Have Glucagon Available?

It is recommended that anyone using insulin or at risk for severe low blood sugar have glucagon available, and that people around them should know how to use it.

## When Should it be Used?



Glucagon can be used in the following situations:

- A person with diabetes is unresponsive or unconscious due to low blood sugar.
- A person is unable to eat, drink, or swallow due to severe low blood sugar.
- A person is having seizures due to extremely low blood sugar.

## Types of Glucagon

### Glucagon Nasal Spray (Baqsimi)

A needle-free option that delivers glucagon through the nose.

- ✓ Easy to use for people uncomfortable with injections
- ✓ Ready to use – no mixing required



### Glucagon Auto-Injector (Gvoke HypoPen)

A pre-filled, auto-injector similar to an EpiPen.

- ✓ Simple and fast to use in an emergency
- ✓ Ready to use – no mixing required



### Traditional Injectable Kit (Glucagon Emergency Kit)

Known as the "red" or "orange" kit.

- ✓ Requires mixing before injection
- ✓ Includes a vial of powdered glucagon and a syringe with sterile water



The shelf life of glucagon is approximately 18 months. Check the expiration date at least every 6 months, and replace your glucagon if it expires.