

# Glucagon

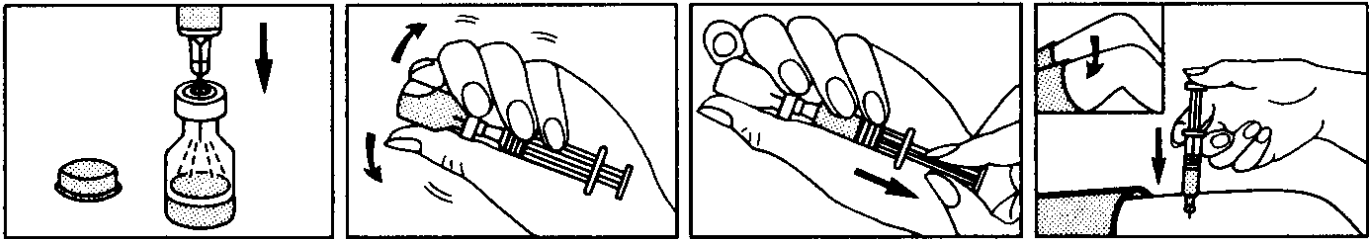
**Glucagon** is a hormone that raises blood glucose by releasing sugar from the liver. It is used as an emergency rescue medication to treat severe low blood sugars. This means that your blood sugar is so low that you are not willing to eat, unconscious, or have a seizure.

## How to prevent severe lows:

- Check blood sugars before each meal and at bedtime.
- Treat lows as soon as symptoms appear.
- If you are having frequent lows, you may need a dose adjustment.

## What to do for a severe low:

- Use glucagon immediately when a person has a severe low.
- After mixing, use immediately. Throw away any unused solution.



## To give glucagon:

1. Remove cap from bottle that contains white tablet/powder.
2. Inject the mixing liquid from the syringe into the bottle with the white tablet/powder.
3. Gently shake the bottle. Liquid will foam and mix quickly. When it is mixed, pull out your child's dose with syringe from kit:
  - a. Use 0.5 mg (half the syringe) if child weighs less than 50 pounds
  - b. Use 1 mg (whole syringe) if the child weighs more than 50 pounds
4. Inject into the thigh muscle. Don't waste time removing clothing. Inject through pants.
5. Turn your child on his/her side to prevent choking if he/she vomits.
6. Call 911 after giving glucagon.
7. Call your diabetes team at 314-454-6051. Insulin doses may need to be changed.

## How to be prepared:

- Tell caregivers/coaches/babysitters where the glucagon is and how to use it.
- Always keep a kit at home and school.
- Bring your glucagon with you on vacation and when doing physical activity/exercise.
- Store your kit(s) at room temperature! Do not freeze or keep at temperatures over 78F.
- Check your kit's expiration date before each clinic visit. Get a new kit when it expires.

App: [www.glucagonapp.com](http://www.glucagonapp.com)

Developed by the Washington University/ St. Louis Children's Hospital Diabetes Team 2015