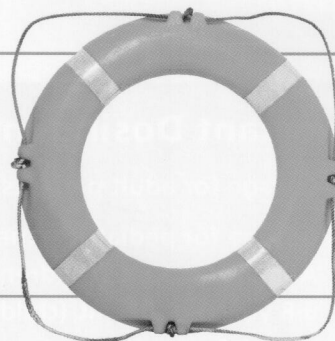


# Do you know the signs of hypoglycemia?



## 1 Recognize Symptoms Early

No matter how carefully you manage diabetes with insulin, hypoglycemia (low blood sugar) may still develop very quickly. Symptoms include<sup>1</sup>:



Sweating



Blurry Vision



Dizziness



Nervous



Hunger



Irritability



Shakiness



Fast Heartbeat



Headache



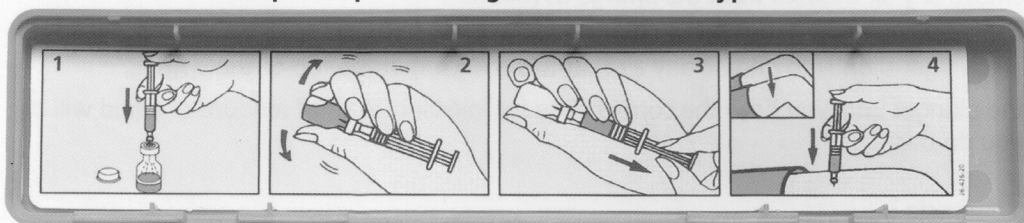
Weakness

## 2 Eat Something<sup>1</sup>

- 15 g of glucose in the form of glucose tablets
- 15 ml (3 teaspoons) or 3 packets of table sugar dissolved in water
- 175 ml (3/4 cup) of juice or regular soft drink
- 6 Life Savers® (1=2.5 g of carbohydrate)
- 15 ml (1 tablespoon) of honey

## 3 Untreated hypoglycemia may become severe and cause you to pass out. Be prepared to treat it with the GlucaGen® HypoKit.

Simple steps for using the GlucaGen® HypoKit.



Please see complete instructions for use on reverse side.

GlucaGen® is used to treat severe hypoglycemic reactions (unconsciousness due to low blood sugar), which may occur in patients with diabetes treated with insulin.

### GlucaGen® HypoKit – For patients with Severe Hypoglycemic Reactions

This emergency kit contains an injection of glucagon, a hormone that raises the level of glucose in the blood to help patients recover from severe hypoglycemia.

- Show family, friends, coworkers, and teachers how to use the kit – just in case.
- It may be a good idea to ask your doctor for two prescriptions, so you have one GlucaGen® HypoKit at work and one at home
- **Check the expiration date. Do not use expired glucagon.**



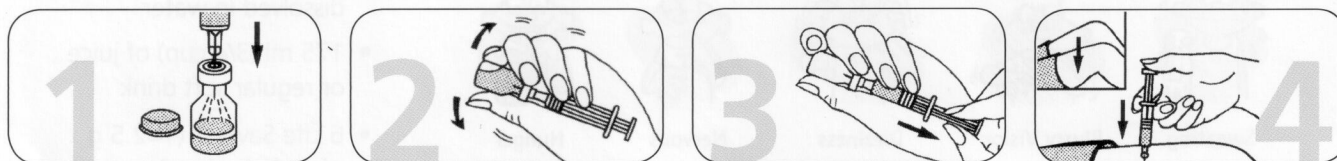
**GlucaGen® HypoKit**  
1 mg (glucagon)

## Important Dosing Information

- Dosage for adult patients: Administer 1 mL.<sup>2</sup>
- Dosage for pediatric patients:  
Administer 1 mL (children above 25 kg or older than 6-8 years) or 0.5 mL (children below 25 kg or younger than 6-8 years).<sup>2</sup>

## How to use GlucaGen® HypoKit 1 mg (glucagon).

To prepare GlucaGen® for injection: Use the enclosed prefilled disposable syringe with the attached needle to reconstitute Glucagen® before giving the injection.



- 1 Remove the plastic cap from the vial. Pull the needle cover off the syringe. Insert the needle through the rubber stopper (within the marked circle) of the vial containing GlucaGen® and inject all the liquid from the syringe into the vial.<sup>2</sup>
- 2 Without taking the needle out of the vial, gently shake the vial until GlucaGen® has completely dissolved, and the solution is clear.<sup>2</sup>
- 3 Make sure the plunger is completely down. While keeping the needle in the liquid, slowly withdraw all the solution back into the syringe. Do not pull the plunger out of the syringe.  
It is important to remove any air bubbles from the syringe as follows
  - With the needle pointing upwards, tap the syringe with your finger
  - Push the plunger slightly to release any air that has collected at the top of the syringe.

Continue to push the plunger until you have the correct dose for injection. A small amount of liquid will be pushed out when you do this.<sup>2</sup>

- 4 Inject the dose into a muscle.<sup>2</sup>

After intramuscular injection the patient will normally respond within 10 minutes. If they do not respond within 10 minutes, medical attention should be sought immediately.

When the patient has responded to the treatment give oral carbohydrate (a high sugar snack) to prevent relapse of hypoglycemia.

REFERENCE: 1. Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association 2013 clinical practice guidelines for the prevention and management of diabetes in Canada. *Can J Diabetes*. 2013, 37, S69-S71.  
2. GlucaGen® HypoKit Product Monograph Novo Nordisk Canada Inc., September 2009

Please contact the manufacturer Novo Nordisk Canada Inc. for additional information or Product Monograph at (905) 629-4222 or 1-800-465-4334.

GlucaGen® and Novo Nordisk® are registered trademarks owned by Novo Nordisk A/S and distributed by Paladin Labs Inc. under license.

[www.paladinlabs.com](http://www.paladinlabs.com)

P0912444E



**GlucaGen® HypoKit**  
1 mg (glucagon)