

# Severe Hypoglycemia EMERGENCY CARE

THE MORE YOU KNOW

Hypoglycemia occurs when the amount of glucose (sugar) in the blood is lower than it should be. Very low blood glucose that isn't treated can result in serious health effects, including seizures or coma. It can even lead to death. Severe hypoglycemia is more common in patients with diabetes who take insulin or certain medicines like sulfonylureas. According to the CDC, hypoglycemia is the cause of about **300,000 emergency department visits each year**. This is why it is vital to take steps to prevent hypoglycemia and to be prepared to take quick action to treat it.

Early signs and symptoms of hypoglycemia may include:



Shakiness or dizziness



Headache



Fast, pounding heart rate



Sweating or cold, clammy skin

## KNOW WHEN TO GIVE GLUCOSE

When signs of hypoglycemia are present and a person cannot consume a fast-acting source of sugar orally, a glucose injection should be given. Severe hypoglycemia often requires the assistance of a family member, friend, or bystander to administer rescue glucose. Glucose is the only way to increase blood sugar in an emergency situation.

It is important to **KNOW** the signs of hypoglycemia.

**KNOW** what actions to take.

**KNOW** how to use a glucagon kit in an emergency.

**REMEMBER SEVERE HYPOGLYCEMIA IS PREVENTABLE!**

## EARLY EMERGENCY CARE

**KNOW** the first signs of hypoglycemia:

- Check blood glucose (sugar).
- Use a fast-acting sugar source to help raise blood glucose levels, such as glucose tablets or gel. Other sugar sources include: Fruit juice, regular soda, table sugar, honey, corn syrup, or hard candies.
- Check blood glucose level again after 15 minutes of eating the fast-acting sugar.

## EMERGENCY KIT

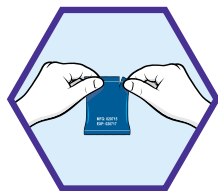
**Carry an emergency kit.**

**KNOW** what it should contain:

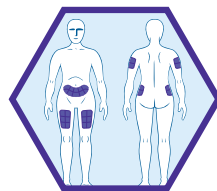
- Emergency contact information
- Instructions for administering emergency glucagon
- Blood glucose meter and test strips (including extra batteries)
- Glucose tablets (to be used only if you are conscious)
- Emergency glucagon

Keep this resource in your emergency kit and share with your friends and loved ones.

## KNOW HOW TO USE AN EMERGENCY GLUCAGON KIT



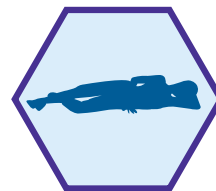
Remove contents from kit and check label for expiration.



Choose injection site and expose skin.



Push needle into skin releasing all liquid into the body.



Turn person on their side.

### PREPARE:

- Check the label to make sure the medicine hasn't expired.
- Remove the contents from the kit along with any covers or caps.
- Find a spot on the person's thigh or arm.

### INJECT:

**Is it an auto-injection?**

- Push down on the skin and hold for 5 seconds.
- Wait for window to turn red.

**Is it a manual injection?**

- Mix the saline and the powder. Gently swirl or roll the vial until the liquid looks clear.
- Insert the needle into the vial and draw back all of the liquid into the syringe.
- Inject the needle into the body.

### ASSIST:

- Turn the person on their side.
- Wait up to 15 minutes for them to wake up.
- If they are still unresponsive, inform a provider or emergency services.

Moving patients from educated to engaged, visit [hormone.org](http://hormone.org) today!