

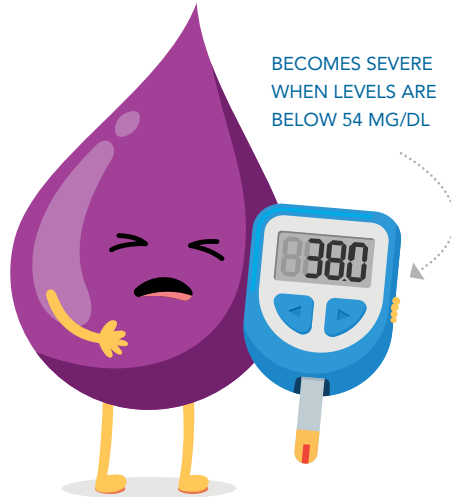
KNOW HYPO

BE PREPARED FOR HYPOGLYCEMIA

Blood glucose can drop so quickly that you might suddenly find yourself in an emergency.

Here's what you need to know to be ready.

Your heart is racing, your head aches, you feel shaky, and you're in a cold sweat. Your blood glucose is dropping to a dangerously low level and you're feeling the effects. With diabetes, it's essential to always be ready for hypoglycemia, or low blood glucose. Being ready could save your life.



What Is Hypoglycemia?

Hypoglycemia occurs when the amount of glucose in your blood falls lower than it should be. When blood glucose is too low (lower than 70 mg/dL), your body doesn't have the fuel it needs to function. People with severe hypoglycemia are not able to function because physical and mental changes occur. They can have seizures or become unconscious.

Hypoglycemia is a dangerous situation and quick action is needed. Getting ready and staying ready to treat it requires a joint effort between you, your family and friends, and your healthcare team.

Identifying Hypoglycemia

Early symptoms include:



Sweating or cold, clammy skin



Shakiness or dizziness



Headache



Fast, pounding heart rate

As blood glucose continues to drop, other signs and symptoms may occur, such as:



Changes in behavior, such as confusion, irritability, or sleepiness



Problems speaking clearly, such as slurring words



Problems with vision, such as seeing double or things appearing blurred



Feelings of being anxious or weak



Disorientation



Becoming fatigued or tired



Headache

As blood glucose levels drop, you may become very confused. Seizures or convulsions may occur. You may lose consciousness and be unable to respond. Family, friends, and caregivers will need to act quickly to raise your blood glucose. If severe hypoglycemia goes untreated, it can lead to death.

Preparing for Hypoglycemia to Prevent an Emergency

It is important to have a plan of action if a hypoglycemia emergency occurs. Staying calm is essential. Have a treatment plan regarding what fast-acting glucose you should consume and make sure that you have a glucagon emergency kit for your family to use in case of severe hypoglycemia and you are unconscious. Have a travel plan to the nearest emergency room at a hospital. Travel directions should be written down or saved in your phone.

If you have a severe hypoglycemia episode, don't drive yourself to the hospital because you may lose consciousness. Ask a family member or friend to take you.

If you are alone, call **911** to have an ambulance take you to the hospital.



Create a Hypoglycemia Emergency Kit

You always need to be prepared to treat hypoglycemia. Create a hypoglycemia emergency kit and always have it with you. The kit should include:



Emergency contact information



Instructions for administering emergency glucagon



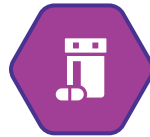
Blood glucose meter and test strips (including extra batteries)



Emergency glucagon



Your medical ID



Glucose tablets (to be used only if you are conscious)



Fast-acting sugar that delivers 15 grams of carbohydrates (4 glucose tablets, 4 ounces of fruit juice or soda, 5-6 hard candies), which can treat hypoglycemia symptoms early and help prevent blood glucose from dropping to severe levels

Tell your friends and family about the signs and symptoms of hypoglycemia. Explain what they should do if it looks like you are in an emergency. Make sure they know the location of your emergency kit.

Glucagon is the only emergency rescue treatment for severe hypoglycemia. It should always be kept nearby and may need to be administered by a family member, friend, or caregiver if you are unconscious. They should also call **911** or the local medical service if they find you unconscious.

Using Emergency Glucagon

Glucagon treats severe hypoglycemia by helping your body to release sugar into the bloodstream to raise blood sugar levels.

It can be given by injection or nasal spray.



Side effects of glucagon may include nausea and vomiting.



Our **Severe Hypoglycemia Emergency Care** guide provides more information on injecting glucagon.

Ask Your Healthcare Provider

- Can my diabetes medicines cause hypoglycemia?
- If I get hypoglycemia, what should I do to bring my blood glucose level back to normal?
- Do I need a supply of glucagon?
- What should I tell my friends and relatives about hypoglycemia?
- Should I see a diabetes educator?
- Should I see an endocrinologist for my care?
- Can you help me learn more about my Time-in-Range?

