Patient edition

American Diabetes Association®

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Managing Severe Hypoglycemia

Helping When It Occurs

Severe hypoglycemia occurs when blood glucose (blood sugar) falls dangerously low. It is a medical emergency that can occur with certain glucose-lowering medicines (insulin, sulfonylureas, or meglitinides).

Severe hypoglycemia may cause


Confusion


Weakness


Fainting


Seizure


Coma

A long delay in treatment can cause brain or organ damage and may even be fatal.

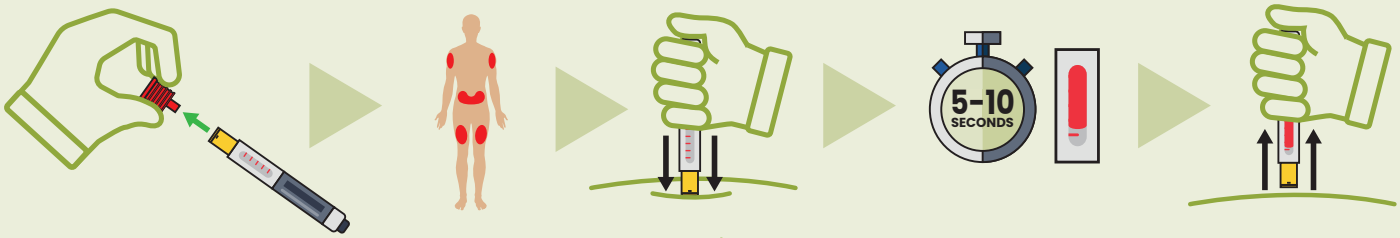
Keep treatment nearby in case severe hypoglycemia occurs.

Ask your doctor which options are available. Glucagon rapidly raises your blood glucose by prompting the liver to release stored glucose into the bloodstream. If you cannot give yourself glucagon in certain situations, another person can give it to you. Be sure they know exactly how to use the medication before it is needed.

Ready-to-Use, Premixed Glucagon Pen

- Premixed devices function like epinephrine autoinjectors.
- Stable glucagon is ready to inject immediately, without mixing.
- May be given to an unconscious person.

Instructions differ slightly among glucagon autoinjectors. Check the specific directions supplied with your device. General guidance follows:



1. With the unit upright, take off the cap or pull the gray cap straight off.
2. Choose exposed skin for injection (the outer upper arm, thigh, or lower abdomen are ideal).
3. Wipe the site with an alcohol swab.
4. Press the device straight down on bare skin and hold until the needle guard is fully down. It may click.
5. Hold for 5 or 10 seconds, as the device requires, until the window turns red. You may hear a second click.
6. Lift the pen straight up and away from the skin.

Turn the person onto their side, as vomiting and/or choking can be common. After giving the dose, call 911 immediately.



These descriptions offer general guidance. Always follow the manufacturer's directions to administer its glucagon safely. Ask your doctor if you have any additional questions.

Find out more at diabetes.org 1-800-DIABETES (800-342-2383)

Xeris proudly supports the American Diabetes Association® in its work to address severe hypoglycemia.

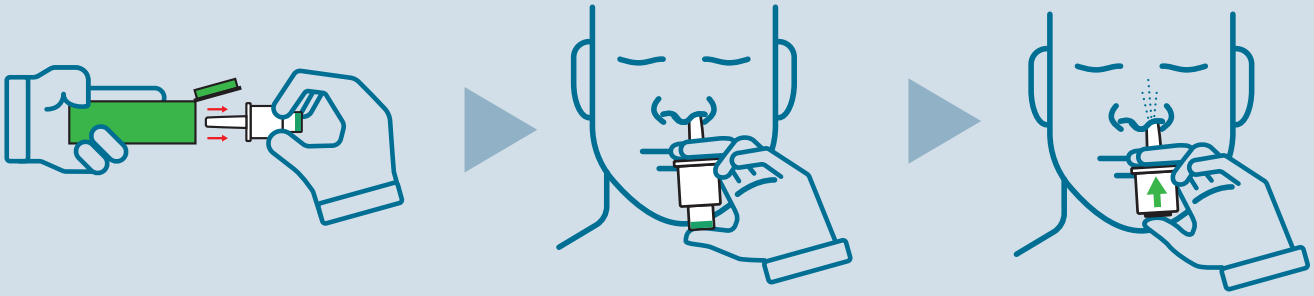
American Diabetes Association® (ADA) 05/2025

This infographic reflects recommendations from the ADA's Standards of Care in Diabetes–2025

American Diabetes Association.

Nasal Glucagon Spray/Powder

- Like a nasal spray.
- Sends glucagon powder into the nose, where it quickly passes into the bloodstream.
- No needle needed.
- Administered in one step.
- May be given to an unconscious person.

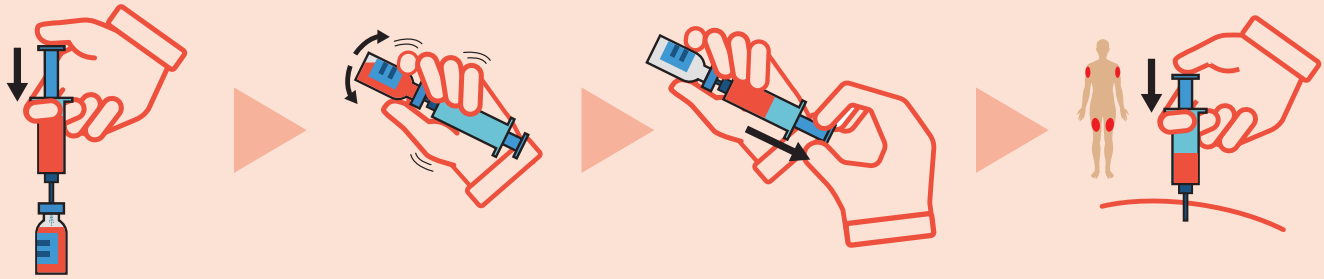


1. Pull the red stripe to remove the shrink wrap surrounding the device.
2. Lift the lid and take the device out of the tube. Do not press the plunger or test it until it is time to give a dose.
3. Grasp the nasal device with your fingers and thumb.
4. Gently place the tip in one nostril, inserting it until fingers touch the outside of the nose.
5. Firmly press the plunger to deliver the dose. There is no need to inhale it.
6. Take the nasal device out of the nose.
7. If there is no response in 15 minutes, give a second dose.

Turn the person onto their side, as vomiting and/or choking can be common. After giving the dose, call 911 immediately.

Glucagon to Mix

- Supplied as a powder with liquid for dilution.
- Mix immediately before giving the medication.
- May be given to an unconscious person.



1. Take the glucagon kit out of its packaging.
2. Take the seal off the powder vial.
3. Uncover the syringe needle.
4. Place the needle in the vial and press the plunger to add all the saline to the powder.
5. Gently swirl or roll the vial to dissolve the powder in the liquid until it is clear.
6. Pull the solution back into the syringe.
7. Inject into the outer mid-thigh or arm muscle of the person with severe hypoglycemia.

Turn the person onto their side, as vomiting and/or choking can be common. After giving the dose, call 911 immediately.

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