

DON'T LET  
THE **LOW**  
SNEAK **UP**



**Glucagon** Emergency Kit  
Providing Trust, Choice and Value



**FRESENIUS  
KABI**

caring for life



# DON'T LET THE LOW SNEAK UP



For patients with diabetes, blood sugar can drop very low without warning. It can happen anytime, anywhere. Don't let a hypoglycemic episode sneak up on you – be ready to act quickly. You can be prepared and act with confidence when you have a rescue plan that includes a prescription emergency solution like the **Glucagon** Emergency Kit.



#### INDICATION AND USAGE

Glucagon is a prescription medicine used to treat very low blood sugar (severe hypoglycemia) in people with diabetes.

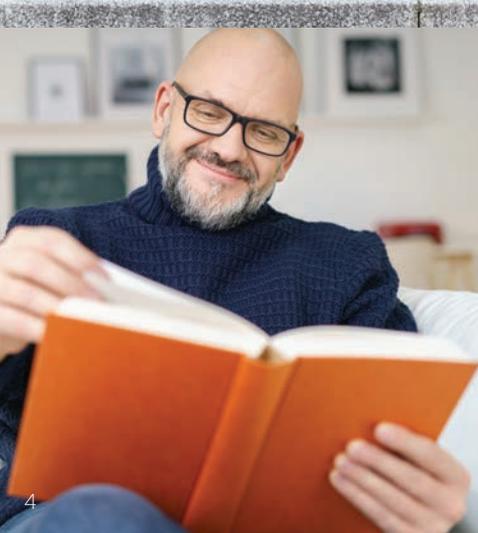
#### IMPORTANT SAFETY INFORMATION

##### Do not use Glucagon if:

- you have a tumor in the gland on top of your kidneys (adrenal gland) called a pheochromocytoma.
- you have a tumor in your pancreas called an insulinoma.
- you are allergic to glucagon or lactose or any of the ingredients in Glucagon.

#### Before using Glucagon, tell your doctor about all of your medical conditions, including if you:

- have kidney problems.
- have pancreas problems.
- have not had food or water for a long time (prolonged fasting or starvation).
- have low blood sugar that does not go away (chronic hypoglycemia).
- have heart problems.
- are pregnant or plan to become pregnant. It is not known if Glucagon will harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if Glucagon passes into your breast milk.



# BE IN THE KNOW GLUCAGON >>

Living with diabetes means balancing your meal plan, physical activity, and diabetes medicine to keep your blood sugar in the normal range.

In this Guide, you will learn:

- About low blood sugar
- The symptoms of low blood sugar
- How to prevent low blood sugar
- How to treat low blood sugar
- How to prepare for an emergency

So, that you may BE READY and BE PREPARED.

## BE READY

- Know symptoms of hypoglycemia
- Talk to your doctor or pharmacist about your options.
- Create a plan that includes a prescription emergency solution.
- Keep the Glucagon Emergency Kit with you at all times.
- Ask your healthcare provider for multiple prescriptions of Glucagon Emergency Kit – one for home and one for on-the-go.
- Carry your [Very Low Blood Sugar Care Card](#) so others know how to help during an emergency.

## BE PREPARED

- Learn how to use the Glucagon Emergency Kit.
- Read and understand the Instructions for Use before an episode occurs.
- Check the expiration date. Do not use expired glucagon.
- Practice giving the injection.
- Teach your family, friends, and coworkers how to use the Glucagon Emergency Kit. Show them where you keep it.

### IMPORTANT SAFETY INFORMATION (CONTINUED)

**Tell your doctor about all the medicines you take**, including prescription and over-the-counter medicines, vitamins and herbal supplements. Glucagon may affect the way other medicines work, and other medicines may affect how Glucagon works. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

## WHAT IS HYPOGLYCEMIA?

Hypoglycemia, also called low blood glucose or low blood sugar, occurs when the level of glucose in your blood drops below normal. For many people with diabetes, that means a level of 70 milligrams per deciliter (mg/dL) or less. Your numbers might be different, so check with your healthcare provider to find out what level is too low for you.

## WHAT ARE THE SYMPTOMS OF HYPOGLYCEMIA?

Symptoms of hypoglycemia tend to come on quickly and can vary from person to person. You may have one or more mild-to-moderate symptoms listed in the table below.

Sometimes people don't feel any symptoms. That's why it's important to check your blood sugar regularly – and treat it right away when it's low.

Severe hypoglycemia is when your blood glucose level becomes so low that you're unable to treat yourself and need help from another person. Severe hypoglycemia is dangerous and needs to be treated right away. This condition is more common in people with type 1 diabetes.

## MILD-TO-MODERATE SYMPTOMS INCLUDE:

- Shaky or Jittery
- Headache
- Dizzy or Lightheaded
- Uncoordinated
- Trouble Concentrating
- Sleepy or Tired
- Sweaty
- Blurred Vision
- Confused or Disoriented
- Irritable or Nervous
- Weak
- Hungry
- Changed Behavior or Personality
- Pale
- Argumentative or Combative
- Fast or Irregular Heart Beat

## SEVERE SYMPTOMS INCLUDE:

- Unable to Eat or Drink
- Seizures or Convulsions (Jerky Movements)
- Unconsciousness

**i** If you check your blood sugar and it's below 70 mg/dL, stop whatever you're doing and treat it right away.

### When using Glucagon, you should:

- Read the detailed Instructions for Use that come with Glucagon.
- Use Glucagon exactly as your doctor tells you to.
- Make sure that you and your family know how to use Glucagon the right way before you need it.
- Act quickly. Having very low blood sugar for a period of time may be harmful.

### Call for emergency medical help right after you use Glucagon.

- If the person does not respond after 15 minutes, another dose may be given, if available.
- Eat sugar or a sugar sweetened product such as a regular soft drink or fruit juice as soon as you are able to swallow.
- Tell your doctor each time you use Glucagon. Your doctor may need to change the dose of your diabetes medicines.

## HOW TO TREAT LOW BLOOD SUGAR

If your blood sugar is low (below 70 mg/dL) follow the 15-15 rule:

- Eat or drink 15 grams of carbs
- Recheck your blood sugar in 15 minutes

If your blood sugar is still low when you recheck it, repeat the steps until it's back to normal. When your blood sugar is normal again, eat a meal or snack to keep it stable and prevent another low.

You can use special glucose (sugar) tablets or gels to get your 15 grams of carbs – you may also try the following carb options to get your 15 grams:

- Half a cup of fruit juice or regular soda (not diet)
- 8 ounces of nonfat or 1% milk
- 6 large jelly beans
- 1 tablespoon of sugar or honey

When your blood sugar is low, you need 15 grams of carbs to quickly raise your blood sugar to a safe level.

## HOW TO PREPARE FOR VERY LOW BLOOD SUGAR EMERGENCIES

Severe low blood sugar is a medical emergency. If your blood sugar gets really low, you may have trouble eating or drinking.

**What if I can't eat or drink?** If you can't eat or drink, you need another person to help give you glucagon. Glucagon is a special emergency medicine that tells your body to release sugar (glucose) into your blood to quickly raise your blood sugar.

# Teach family, friends and coworkers how to use and where you keep your Glucagon Emergency Kit.

 A co-pay assistance program is available for eligible patients. Pay as little as \$5 per kit.\* ACTIVATION IS NOT REQUIRED.

### IMPORTANT SAFETY INFORMATION (CONTINUED)

Glucagon may cause serious side effects, including:

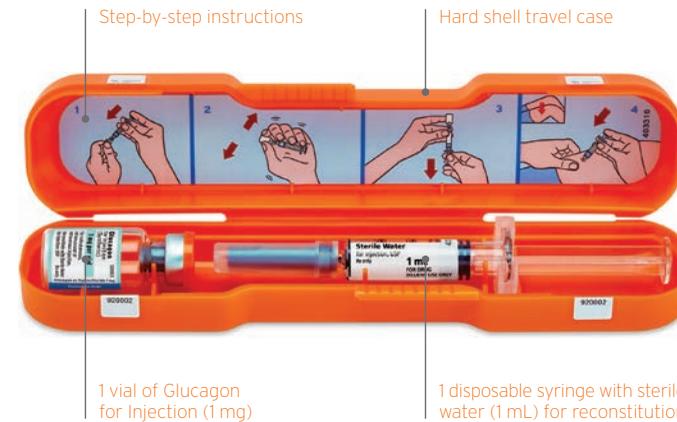
- **High blood pressure.** Glucagon can cause high blood pressure in certain people with tumors in their adrenal glands.
- **Low blood sugar.** Glucagon can cause low blood sugar in patients

with tumors in their pancreas called insulinomas and Glucagonomas by making too much insulin in their bodies.

- **Serious allergic reactions.** Call your doctor or get medical help right away if you have a serious allergic reaction including: rash, difficulty breathing, or low blood pressure.

## Glucagon Emergency Kit

The Glucagon Emergency Kit is convenient and simple to use. The bright orange case makes it easy for you, or your caregiver, to find it and act quickly. Be prepared with one kit for home use, and one kit for on-the-go.



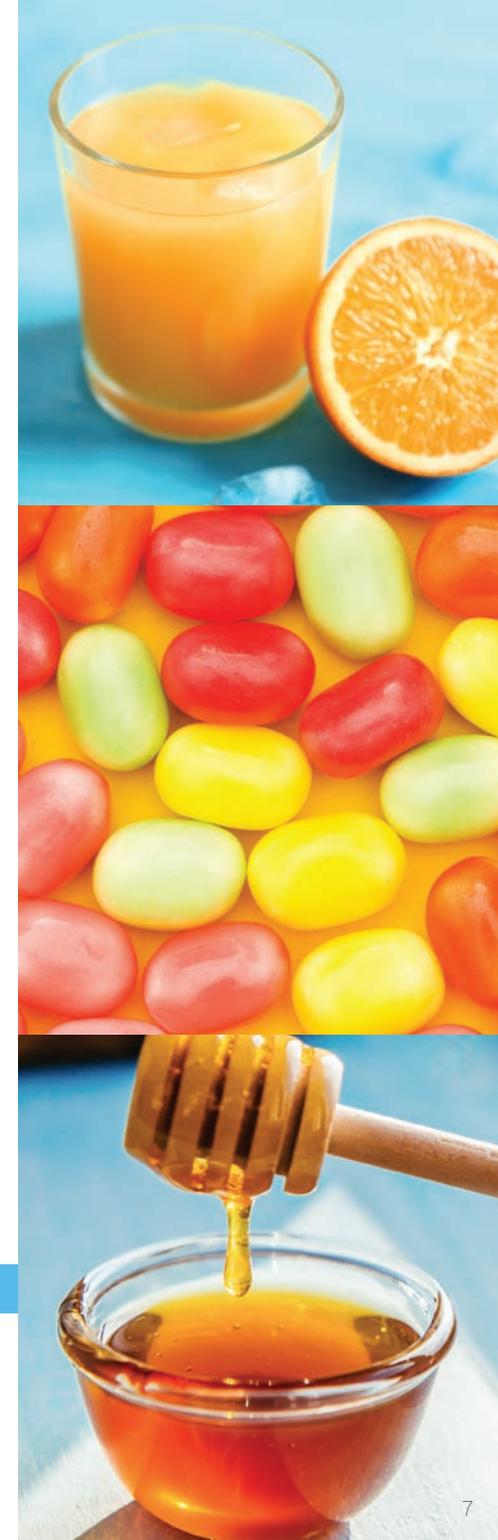
Hypoglycemia can be unpredictable, but your solution is not. The Glucagon Emergency Kit from Fresenius Kabi is a cost effective alternative to emergency solutions you have trusted for years. The FDA-approved Glucagon Emergency Kit, provides flexibility and choice.

 Your healthcare provider may prescribe multiple kits to help you be prepared – one kit for home use, and one kit for school or office.

\* Subject to eligibility requirements and program terms and conditions at [kabicare.us](http://kabicare.us). THIS OFFER IS INVALID FOR PATIENTS WHOSE PRESCRIPTION CLAIMS ARE ELIGIBLE TO BE REIMBURSED, IN WHOLE OR IN PART, BY ANY GOVERNMENTAL PROGRAM.

### The most common side effects of Glucagon include:

- swelling at the injection site
- decreased blood pressure
- pale skin
- redness at the injection site
- weakness
- diarrhea
- vomiting
- headache
- sleepiness or drowsiness
- nausea
- dizziness



# Summary of Instructions for Use

## Glucagon Emergency Kit for injection 1 mg/mL

This is only a summary of the Instructions for Use. Please see the full [Instructions for Use](#).

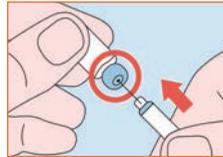
### Preparing the Glucagon Dose



**Step 1.** Using your thumb, flip the orange plastic cap off the Glucagon vial.



**Step 2.** Pick up the prefilled syringe containing sterile water. Hold the syringe with 1 hand and with your other hand pull the needle cover off the syringe. **Do not remove the plastic backstop from the syringe.**



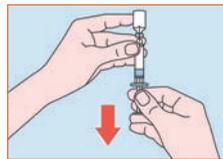
**Step 3.** Pick up the Glucagon vial. Hold the vial of dry powder with 1 hand and with your other hand push the needle of the prefilled syringe through the center of the rubber stopper.



**Step 4.** Hold the vial and syringe together, with the needle still inserted into the vial. Carefully turn the vial and syringe together right side up. Slowly push the plunger down until the syringe is empty. **Do not take the syringe out of the vial.**

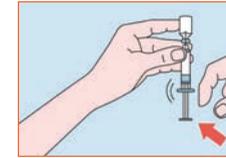


**Step 5.** Hold the entire unit (the vial and syringe) in 1 hand and gently shake the vial until the powder is completely dissolved. Do not use if it is cloudy or if you see particles in the solution. **Do not take the syringe out of the vial.**

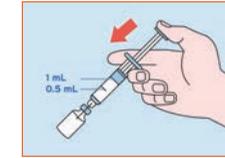


**Step 6.** Firmly hold the vial and syringe together, with the needle still inserted into the vial. Carefully turn the vial and syringe together upside down. Gently pull down on the plunger and slowly withdraw all of the liquid into the syringe. **Do not pull the plunger out of the syringe.**

Read the [Instructions for Use](#) before you start using Glucagon and each time you get a refill. There may be new information.

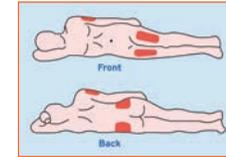


**Step 7.** Keep the needle inside the vial. Check the syringe for air bubbles. If you see bubbles, tap the syringe until the bubbles rise to the top of the syringe. Gently push on the plunger to move only the air bubbles back into the vial.



**Step 8.** Hold the vial and syringe as shown. Take the syringe and needle out of the vial when the correct dose of glucagon is in the syringe.

### Giving the Glucagon Injection



**Step 9.** Choose the injection site. Common injection sites for Glucagon are upper arms, thighs, or buttocks. Patient does not need to be laying down to administer the medication as long as the common injection sites can be easily accessed.



**Step 10.** With one hand gently pinch the skin at the injection site. With your other hand insert the needle into the skin and push the plunger down until the syringe is empty.

### After Giving the Glucagon Injection



**Step 11.** Pull the needle out of the skin and press on the injection site. Use a gauze pad or cotton ball (not included in the kit) if needed to press the injection site to make sure there is no direct contact with the skin. Throw away your used syringe with the needle attached and any Glucagon you did not use. See **"How should I dispose of (throw away) used Glucagon prefilled syringes"**

**Step 12. Turn the person on their side.** When an unconscious person awakens, they may vomit. Turning the person on their side will lessen the chance of choking.

**Step 13. Call for emergency medical help right away. If the person does not respond after 15 minutes, another dose may be given, if available.**

**Step 14. Feed the person as soon as they are awake and able to swallow.** Give the person a fast acting source of sugar (such as a regular soft drink or fruit juice) and a long acting source of sugar (such as crackers and cheese or a meat sandwich).

**Step 15. Even if the Glucagon for Injection treatment wakes the person, tell their doctor right away.** The doctor should be told whenever a severe drop in blood sugar (hypoglycemia reaction) happens. The person's dose of diabetes medicine may need to be changed.

This information does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor or pharmacist if you have any questions about how to use Glucagon.

## WHAT CAUSES HYPOGLYCEMIA?

Hypoglycemia can be a side effect of too much insulin or other types of diabetes medicines that help your body make more insulin. Other diabetes medicines may not cause hypoglycemia by themselves but can increase the chances of hypoglycemia if taken with medicines that help the body make more insulin. Ask your healthcare team if your diabetes medicine can cause hypoglycemia.

If you take insulin or diabetes medicines that increase the amount of insulin your body makes—but don't match your medications with your food or physical activity—you could develop hypoglycemia.

## STEPS TO LOWER YOUR RISK OF LOW BLOOD SUGAR

**Check your blood sugar regularly and often:** Work with your health care provider to find the best way to monitor your blood sugar.

**Eat enough carbohydrates (carbs):** When you eat foods containing carbohydrates, your digestive system breaks down the sugars and starches into glucose. Glucose then enters your bloodstream and raises your blood glucose level. If you don't eat enough carbohydrates to match your medication, your blood glucose could drop too low.

**Eat regular meals:** If you skip or delay a meal, your blood glucose could drop too low. Hypoglycemia also can occur when you are asleep and haven't eaten for several hours.

**Safe Physical Activity:** Increasing your physical activity level beyond your normal routine can lower your blood glucose level. Talk to your healthcare team about getting active safely, after a meal or snack.

**Drink alcohol only in moderation:** Alcohol makes it harder for your body to keep your blood glucose level steady, especially if you haven't eaten in a while. The effects of alcohol can also keep you from feeling the symptoms of hypoglycemia, which may lead to severe hypoglycemia.

**Be cautious and safe when sick:** When you're sick, you may not be able to eat as much or keep food down, which can cause low blood glucose. Talk to your healthcare provider about taking care of your diabetes when you're sick.

## WORK WITH YOUR HEALTHCARE PROVIDER

Tell your healthcare team if you have had hypoglycemia. Your healthcare team may adjust your diabetes medicines or other aspects of your management plan - such as your eating plan and physical activity to help prevent hypoglycemia. They may also recommend a glucose monitor.

Please visit [GlucagonEmergencyKit.com](http://GlucagonEmergencyKit.com) for more information.

### IMPORTANT SAFETY INFORMATION (CONTINUED)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of Glucagon. Call your doctor for medical advice about side effects. You may report side effects to FDA at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

This Important Safety Information does not include all the information needed to use Glucagon for Injection safely and effectively. To learn more about Glucagon for Injection, talk to your doctor or pharmacist. Please [click here](#) for the full prescribing information for Glucagon for Injection and Patient Information. The full prescribing information is also available at [www.fresenius-kabi.com/us](http://www.fresenius-kabi.com/us).



## WHO IS FRESENIUS KABI?

Fresenius Kabi may be new to you, but our German heritage goes back more than 100 years. As an integrated pharmaceutical company, we rely on our vast experience in order to deliver therapies that are safe, efficient, responsible and affordable.

Fresenius Kabi has experienced decades of success thanks to our commitment to precision, innovation, reliability and operational excellence. We are leaders in supply chain management and strive to improve reliability and stability in markets.

## PATIENT SUPPORT PROGRAM

Patient support programs are available for eligible patients. To learn more about the KabiCare resources please visit [kabicare.us](http://kabicare.us) or call **1-833-KABICARE (1-833-522-4227)**.

### INDICATION AND USAGE

Glucagon is a prescription medicine used to treat very low blood sugar (severe hypoglycemia) in people with diabetes.

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- Act quickly. Having very low blood sugar for a period of time may be harmful.

### REFERENCES:

- Fresenius Kabi Glucagon Emergency Kit Package Insert. On File.
- National Institute of Diabetes and Digestive and Kidney Diseases, Low Blood Glucose (Hypoglycemia)

The contents of this brochure are not intended for the purpose of disease diagnosis or as a substitute for information that is provided to you by your physician. You should always discuss your medical condition and any questions you have with your health care provider.

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