

# The Role of Glucagon in Managing Your Diabetes

If you have ever passed out or have frequent or severe episodes of hypoglycemia, first, work with your diabetes care team to figure out why. Then, you need to ask them if glucagon would be useful for you, especially if you take insulin.

Normally, glucagon, a hormone made by the body, helps maintain a balance of glucose and insulin in the bloodstream.

As insulin works to move the glucose from what you eat out of your bloodstream and into the cells, your blood glucose level drops. However, you still need glucose for energy.

To keep your blood glucose level from dropping too low in-between meals, your pancreas releases glucagon. Glucagon triggers the liver to release stored glucose, which can be used by the cells for energy.

Like the hormone your body produces, the medicine, glucagon, works by helping the liver produce glucose immediately. This glucose enters the bloodstream to raise your blood glucose level.

Glucagon comes in several different forms.

It can be given as a shot using a small syringe or an injector pen. It's also available as a nasal spray.

Glucagon has specific preparation instructions, so make sure you and a close friend or relative knows how to use it.

It's important to discuss Glucagon's use with your diabetes care team, if you feel that you are at risk for passing out from hypoglycemia.