

How to Give a Glucagon Shot

Glucagon is medicine that can quickly raise blood sugar.

If someone has very low blood sugar and is unconscious or is unable to eat or drink something that contains sugar, they need glucagon.

This video teaches you how to give a glucagon injection, or shot, using a syringe or an injection pen.

You may feel nervous about giving glucagon.

But it might help to know that glucagon shots are designed to be used by anyone— even people who don't have experience giving shots.

That's why every glucagon package comes with instructions that show you step by step how to use it.

Be sure to follow those instructions exactly.

First, take the syringe or pen out of its package.

Then place the instructions that come with it near you so that you can follow along as you prepare the shot.

Next, choose the area where you'll give the shot.

The instructions that come with the glucagon will show the recommended areas.

These may include the thighs, lower belly, upper arms, or buttocks.

Uncover the skin where you'll be giving the shot.

There are several kinds of glucagon syringes. Some come already filled with glucagon.

These are ready to use after you take the cap off the needle.

Other syringes come with a bottle of liquid glucagon.

To prepare this type, you fill the syringe with the liquid in the bottle.

When you have the syringe ready, pinch the skin where you'll be giving the shot.

Hold the syringe close to the skin, and then quickly insert the needle.

Push the plunger all the way in. After you've given the medicine, remove the needle.

To use a glucagon pen, remove it from its package and uncap the pen.

Push the pen against the skin.

The pen has a spring-loaded needle at the end that injects the medicine when it's pressed against the skin.

Hold the pen against the skin for as long as recommended in the instructions that come with it.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.



How to Give a Glucagon Shot

Then pull the pen away from the skin.

After you've given glucagon, turn the person on their side.

This will help prevent choking if they vomit.

Then call 911 or other emergency services right away.

If help hasn't arrived within 15 minutes and the person is still unconscious, give another dose of glucagon if you have one.

Stay with the person until emergency help arrives.

If the person becomes alert and is able to swallow, give them some glucose tablets or quick-sugar food or liquid, such as hard candy or juice.

Then give the person a long-acting source of carbohydrate, such as crackers and cheese or a sandwich.

It can be scary when someone you care about is having a low blood sugar emergency.

But when you know how to use glucagon, it can give you the confidence you need to act quickly.