

GlucaGen® HypoKit

Information about your GlucaGen® HypoKit

**A guide for people
who have been
prescribed GlucaGen®
(glucagon)**

Please read the Patient
Information Leaflet enclosed
with your medication.





This leaflet has been made with you in mind, to help support you throughout your diabetes treatment.

It will give you:

- Information about GlucaGen® HypoKit
- An explanation of how GlucaGen® works
- Information about how to use GlucaGen® HypoKit

Please share this leaflet with the people you spend the most time with. It will help them be aware of the signs of **hypoglycaemia** and know how best to help you.

If there are any words in this leaflet that are new or difficult to understand, please look at the section at the back called '**Useful words to know**'.



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What GlucaGen[®] HypoKit is used for

As with many type of diabetes treatment, there is the chance that your blood glucose can become too low. This is called **hypoglycaemia** or a “**hypo**” and is very common with insulin treatment.

If hypoglycaemia is left untreated, this can lead to **very low blood glucose** which can cause someone to pass out (become unconscious). This is called **severe hypoglycaemia** and needs immediate treatment. GlucaGen[®] HypoKit is used in emergency situations when **severe hypoglycaemia** occurs.

Your doctor or nurse have prescribed you a GlucaGen[®] HypoKit to help treat severe hypoglycaemia, should you experience it.

More information on what is covered in the rest of this leaflet can be found in the **Patient Information Leaflet** enclosed with your medication. Please take the time to read through this. If you still have any questions or queries, please speak with your doctor or nurse.



How GlucaGen® HypoKit works

In people without diabetes, the body naturally releases insulin into the blood stream. This helps control blood glucose levels and keeps them consistent throughout the day.

In people with diabetes, insulin treatment can help the body stabilise blood glucose levels by working in the same way. But sometimes, blood glucose levels can become too low (this is known as hypoglycaemia) and treatment is needed.

Your GlucaGen® HypoKit is pure **glucagon**. This is a natural hormone that works by helping your liver release glucose into the blood stream. This increases blood glucose levels.



Recognising hypoglycaemia

Hypoglycaemia is very common with insulin treatment. It is important to be aware of the symptoms of low blood glucose as they can appear suddenly.

Some symptoms are:



Headaches



Slurred speech



Fast heartbeat



Cold sweats



Feeling sick



Feeling very hungry



Unusual tiredness and weakness



Tremors or feeling nervous, worried or anxious



Feeling confused



Difficulty concentrating



Short-lasting changes in your sight



Cool pale skin



Feeling drowsy

If you are concerned about your blood glucose becoming too low or want more information, please speak with your doctor or nurse. You can also refer to the Patient Information Leaflet enclosed with your medication.

Patient organisations such as Diabetes UK often have helpful information that can support you.



Important things to know while using the GlucaGen® HypoKit

- GlucaGen® will not work properly if:
 - You have been fasting for a long time
 - You have low levels of adrenaline
 - You have low blood glucose caused by drinking too much alcohol
 - You have cancer where the tumor releases glucagon or insulin
- Please speak to your doctor, nurse or pharmacist if you take:
 - Warfarin to prevent blood clots
 - GlucaGen® may increase its blood-thinning effect

- Beta-blockers to treat high blood pressure and irregular heart beat
 - GlucaGen® HypoKit may increase your blood pressure and pulse. This will only last a short time
- Insulin (to treat diabetes) and indomethacin (to treat joint pain and stiffness) can affect the way the GlucaGen® HypoKit works. Please speak to your doctor, nurse or pharmacist before having the GlucaGen® HypoKit
- If you experience low blood glucose and you are pregnant or breast-feeding, think you might be pregnant, or are planning to have a baby, you can use the GlucaGen® HypoKit
- Please inform your doctor or nurse of any medications you are taking or have recently taken



Information for friends and family

It is very important that you read and become familiar with how to use the GlucaGen® HypoKit **before** a hypo occurs. This way you know what to do in an emergency.

Please share the information in this leaflet with your friends and family to make sure they are familiar with the GlucaGen® HypoKit how to use it **before** you have a hypo.

Here are some things to make sure your friends and family are aware of:



They know where the GlucaGen® HypoKit is stored and how to use it



Use the GlucaGen® HypoKit **right away** if the person they are caring for has passed out



They must act **quickly**. Being unconscious for too long can be harmful



Make sure they know how much GlucaGen® is needed

Adults	1 mL (this is the full syringe)
Children older than 8 or who weigh more than 25 kg	1 mL (this is the full syringe)
Children younger than 8 or who weigh less than 25 kg	0.5 mL



Call for emergency medical help **immediately** after using the kit



If too much GlucaGen® is given, you may feel nauseous and be sick. Specific treatment for this is not usually necessary

Always use the GlucaGen® HypoKit exactly as instructed in the Patient Information Leaflet enclosed with the kit. If you are unsure or have any questions, please talk with your doctor or pharmacist.

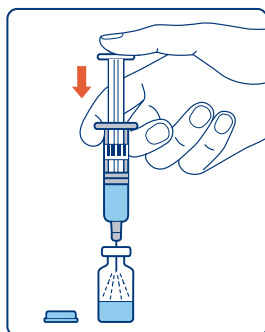


How to use the GlucaGen[®] HypoKit

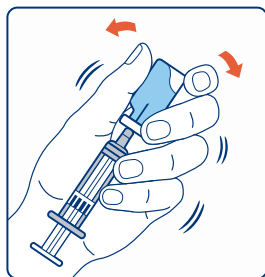
Please refer to the Patient Information Leaflet for full instructions on how to use the GlucaGen[®] HypoKit

Step 1

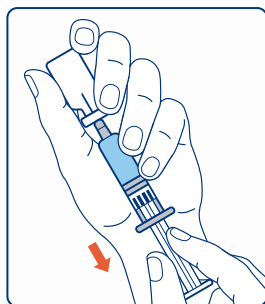
Preparing the injection



- Remove the plastic cap on the vial and pull the needle cover off the syringe. Insert the needle through the rubber stopper of the vial containing GlucaGen[®] and inject all the liquid from the syringe into the vial

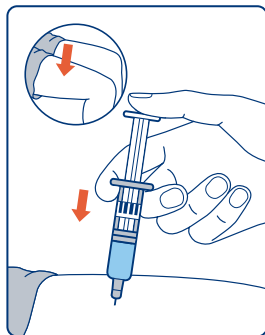


- Leave the syringe in place and gently shake the bottle until the powder is completely dissolved, and the solution is clear



- Make sure the plunger is totally down, then gently pull it out until the right amount of solution is drawn up into the syringe
- Make sure there is no air in the syringe

Step 2



Giving the injection

- Inject the dose under the skin or into a muscle
 - Common injection sites are upper arms, thighs, or buttocks
 - Any mixed GlucaGen® that is not used must be thrown away

Step 3

After the injection



- Turn the unconscious person onto their side to prevent choking



- When the person regains consciousness, give them a high sugar snack, for example five jelly babies or a small carton of pure fruit juice.¹ This will help to keep blood glucose levels up.
 - **Do not** do this until they are fully conscious and responsive

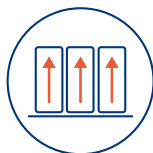


- Follow-up with a slower-acting carbohydrate. For example, a sandwich, piece of fruit, bowl of cereal, or a glass of milk¹

Call for emergency medical help immediately after using the kit.

1. Diabetes UK. Having a hypo. Available at www.diabetes.org.uk/guide-to-diabetes/complications/hypos/having-a-hypo. Access date: July 2020

After using GlucaGen® HypoKit, you must inform the doctor or nurse of the person with diabetes. They will need to find out why they had very low blood glucose and how to avoid it happening again.



Storage

- Make sure to keep your GlucaGen® HypoKit out of sight and reach of children
- Store your GlucaGen® HypoKit either:
 - In the fridge at 2–8°C, or
 - At room temperature (below 25°C) for up to 18 months, within the shelf life period
- Store your GlucaGen® HypoKit in its original packaging to protect it from light
- Do not freeze your GlucaGen®HypoKit
- Do not use your GlucaGen® HypoKit after its expiry date. The date stated refers to the last day of that month



Possible side effects

Like with all medicines, there are some side effects associated with using GlucaGen®.

The side effects are listed below, and you may experience some, none, or all of these:

Common (may affect up to 1 in 10 people)



Feeling sick (nausea)

Uncommon (may affect up to 1 in 100 people)



Being sick (vomiting)

Rare (may affect up to 1 in 1000 people)



Stomach pain

Very rare (may affect up to 1 in 1000 people)



Allergic reaction (signs may include sweating, wheezing, rapid heartbeat, rash, swollen face or collapsing)

- Tell your doctor immediately if you notice any of these side effects

If any side effects are concerning you, please speak with your doctor or nurse.



Useful words to know

Term	Description
Blood glucose	The measurement of how much glucose is in your blood.
Glucose	The main type of sugar in the blood. It is also the major energy source for the body.
Glucagon	Glucagon is a natural hormone. It helps the liver release glucose in the blood stream.
GlucaGen®	GlucaGen® is a version of glucagon. This is a natural hormone used to treat severe hypoglycaemia. It has the opposite effect of insulin and helps the liver to change something called glycogen into glucose.
Hypoglycaemia	When your blood glucose levels are too low.
Insulin	A hormone produced by an organ in the body called the pancreas. It regulates the amount of glucose in your blood.
Severe hypoglycaemia	When your blood glucose levels are so low that assistance from someone else is required to treat it.
Unconscious	Someone who is unconscious, suddenly becomes unresponsive and appears to be asleep.

Notes:

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How to get in touch with Novo Nordisk

If you have any questions or need anything explaining further, please contact your doctor, nurse or local pharmacist. They will be able to support you with any queries you may have and, if necessary, advise you on who to contact for more information.

www.novonordisk.co.uk

Novo Nordisk have been working in diabetes since 1923. To find out more about our work, please visit our website.

circular
FOR **zero**

We are adopting a circular mindset, designing products that can be recycled or re-used, reshaping our business to minimise consumption and waste, and working with suppliers who share our ambition. We call this Circular for Zero.



Novo Nordisk Customer care

Call: 0845 600 5055

Office hours 8:30am – 5:30pm
(weekdays and bank holidays).

Calls may be monitored for
training purposes.



Reporting side effects:

If you get any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.