



## 使用胰高血糖素

適用於施打胰島素的病患及其照護人員

胰高血糖素是一種急救藥物，可用於治療無法自愈的低血糖症（血糖過低）病患。該宣傳冊提供胰高血糖素使用步驟說明。

### 治療重度低血糖症

重度低血糖症可能會導致昏迷（暈倒）或驚厥。若出現該症狀，口中含有東西可能會導致病患窒息。

胰高血糖素是一種在病患血糖過低且攝食危險時所使用的急救藥物。採用注射方式給藥（注射）。他人可安全地為病患注射胰高血糖素，以幫助提高由肝臟中糖原轉變而成的血糖的含量。

**家屬、朋友和同事應該知道，若施打胰島素的糖尿病病患出現昏迷或驚厥，他們首先應該給病患施打胰高血糖素，然後撥打 9-1-1。**

病患應告知其家屬、朋友和同事胰高血糖素包放在何處，並教他們如何使用。他們可在病患幫助下為其進行日常胰島素注射，以練習注射。此項練習很重要。從未為病患進行過注射的人在緊急情況下可能無法做到正確地注射。

### 家屬和朋友需要瞭解的資訊

- **立即行動。**快速救治可以降低健康風險。在撥打 9-1-1 之前，**先**為病患施打胰高血糖素。
- 在施打胰高血糖素之前，**不要**檢測病患的血糖，除非您能夠輕鬆快速地完成檢測步驟。若施打胰島素的糖尿病病患昏迷或驚厥，假設其患有重度低血糖症。

**但是，若昏迷者沒有呼吸或脈搏，則切勿注射胰高血糖素。反而應立刻撥打 9-1-1 並採取心肺復蘇術搶救。**



教你的家人、朋友和同時如何  
使用你的胰高血糖素包。

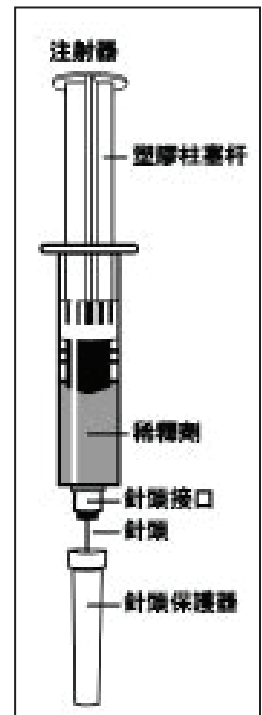
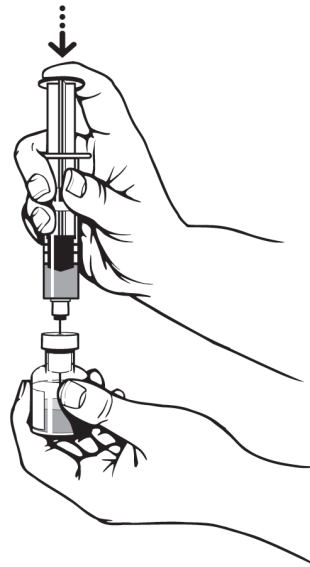
- 將病患翻向一側，以防因嘔吐而窒息。噁心和嘔吐為胰高血糖素的常見副作用。
- 按照後 2 頁提供之指示注射胰高血糖素。

## 準備胰高血糖素

- **第 1 步：**如下所示，取下胰高血糖素瓶口的掀開型封蓋。



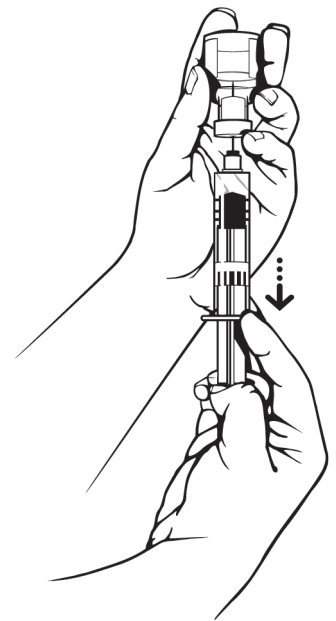
- **第 2 步：**從注射器 (注射) 上取下針頭保護器，並將注射器內的全部藥劑注入胰高血糖素用藥瓶內。將注射器從藥瓶上拔出。



- **第 3 步：**輕輕搖晃藥瓶，直至所有胰高血糖素完全溶解。除非混合液呈透明狀且看起來像水一樣，否則不得使用胰高血糖素。



- **第 4 步：**將瓶子倒過來拿著。使用同一個注射器，將針插入並穿過瓶子上的膠塞。確保針尖置於液體之中，然後輕輕地向後拉動柱塞杆，將瓶子裏的所有液體抽入到注射器中。若塑膠柱塞杆與膠塞分離，則將柱塞杆推回並順時針轉動。



## 注射胰高血糖素

- **第 5 步：**將針頭插入病患臀部、上臂，或大腿的疏鬆組織並注入所有的胰高血糖素液體。給藥過量不會有任何危險。



## 注射後

- **第 6 步：**將病患翻向一側。當他們蘇醒時，可能會嘔吐。這樣翻轉他們可預防因嘔吐而窒息。
- **第 7 步：**為病患注射胰高血糖素後立即撥打 9-1-1。這是一種醫療緊急措施！說明病患患有糖尿病並已施打胰高血糖素。

## 撥打 9-1-1 後

- 若可能的話，檢測病患的血糖水準。
- 一旦病患醒來且可吞咽，則喂其食物：
  - 若血糖水準低於 70 mg/dL，喝些快速作用的糖原液體，如蘋果汁或含糖汽水

## 以及

- 當血糖水準高於 100 mg/dL 時，可吃些點心或飯菜。嘗試提供碳水化合物和蛋白質，如薄脆餅乾和乳酪或全肉三文治。
- 若病患在 15 分鐘內未蘇醒，則再施達一劑胰高血糖素。

### 有什麼問題嗎？

您的問題很重要。如果您有任何問題或顧慮，請致電您的醫生或醫療保健服務提供者。

- ☐ 糖尿病照護中心：  
206-598-4882  
Box 354691  
4225 Roosevelt Way N.E.  
Seattle, WA 98105
- ☐ 分娩中心：  
206-598-4616  
Box 356079  
1959 N.E. Pacific St.  
Seattle, WA 98195
- ☐ 母嬰護理診所：  
206-598-4070  
Box 356159  
1959 N.E. Pacific St.  
Seattle, WA 98195

## Using Glucagon

*For patients on insulin and their caregivers*

*Glucagon is an emergency medicine that may be given to people who have hypoglycemia (low blood sugar) who cannot treat themselves. This handout gives step-by-step directions for giving someone glucagon.*

### Treating Severely Low Blood Glucose

Severely low blood glucose can cause you to lose consciousness (faint) or have a seizure. If that happens, anything that is put in your mouth could make you choke.

Glucagon is an emergency medicine that is used if your blood glucose drops too low and it is not safe to give you food. It is given by injection (a shot). Others can safely give you a glucagon injection to help raise your blood glucose from sugar stored in your liver.

**Family, friends, and co-workers should know that if a person taking insulin for diabetes becomes unconscious or has a seizure, they should give the glucagon FIRST, then call 9-1-1.**

Show your family, friends, and co-workers where you keep your glucagon kit and teach them how to use it. They can practice giving a shot by giving you your normal insulin shot with your help. This practice is important. A person who has never given a shot may not be able to do so in an emergency.

### What Family Members and Friends Need to Know

- **Act quickly.** Rapid treatment can lessen health risks. Give the glucagon shot **first**, before calling 9-1-1.
- Do not check the person's blood glucose before giving glucagon unless you can do so easily and quickly. If someone who takes insulin loses consciousness or has a seizure, assume that they have severely low blood glucose.



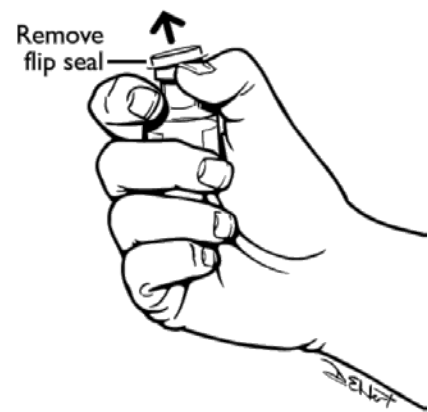
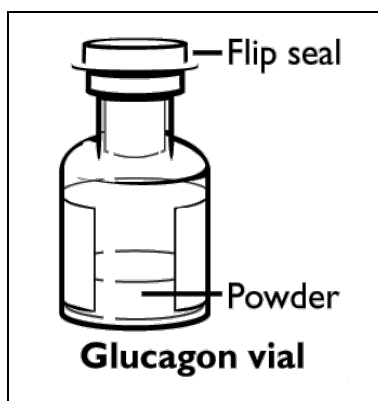
*Teach your family, friends, and co-workers how to use your glucagon kit.*

**But, if the unconscious person is not breathing or has no pulse, do NOT give glucagon. Instead, call 9-1-1 right away and start CPR.**

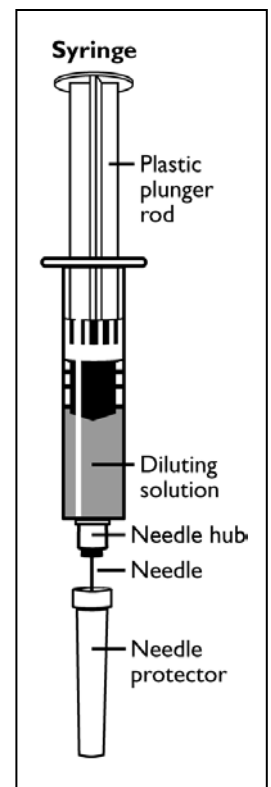
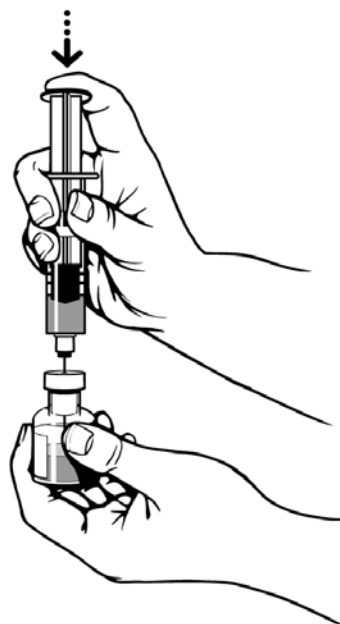
- Turn the patient on their side to prevent choking in case of vomiting. Nausea and vomiting are common side effects of glucagon.
- Follow the instructions below and on the next 2 pages to give the glucagon shot.

## Prepare the Glucagon

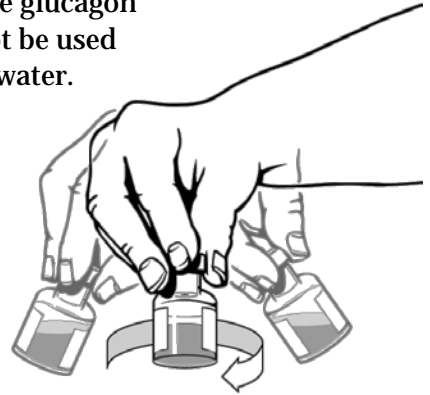
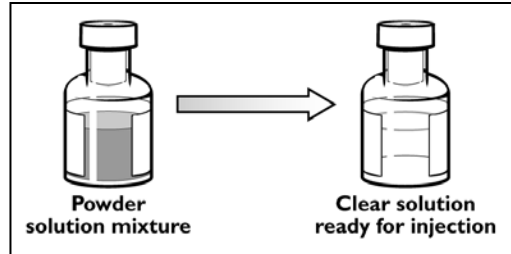
- **Step 1:** Remove the flip-off seal from the bottle of glucagon as shown.



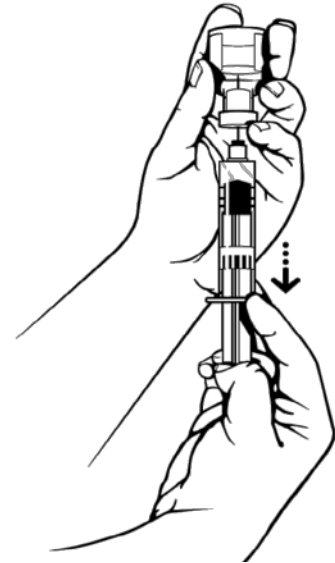
- **Step 2:** Remove the needle protector from the syringe (shot) and inject the entire contents of the syringe into the bottle of glucagon. Remove the syringe from the bottle.



- **Step 3:** Swirl the bottle gently until all the glucagon dissolves completely. Glucagon should not be used unless the mixture is clear and looks like water.

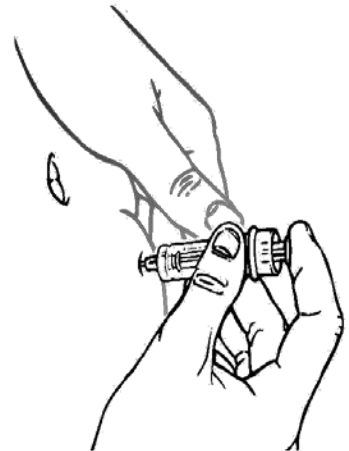


- **Step 4:** Hold the bottle upside down. Using the same syringe, insert the needle through the rubber stopper on the bottle. Make sure the needle tip stays in the fluid, then gently pull back on the plunger rod to withdraw all the fluid from the bottle into the syringe. If the plastic plunger rod separates from the rubber stopper, push the rod back in and turn it clockwise.



## Give the Glucagon Shot

- **Step 5:** Insert the needle into the loose tissue of the person's buttock, upper arm, or thigh and inject all of the glucagon fluid. There is no danger of giving the patient too much.



## After Giving the Shot

- **Step 6:** Turn the person on their side. When they wake up, they may vomit. Turning them will help prevent choking if they vomit.
- **Step 7: Call 9-1-1 as soon as you have given the glucagon shot. This is a medical emergency! Say that the person has diabetes and has received glucagon.**

## After Calling 9-1-1

- Check the person's blood glucose level if you can.
- Feed the person as soon as they wake up and can swallow:
  - If the blood glucose level is under 70 mg/dL, treat with a fast-acting source of sugar such as apple juice or a soda pop that contains sugar.  
  
AND
  - When the blood glucose level is over 100 mg/dL, it is OK to offer a snack or meal. Try to provide carbohydrate and protein, such as crackers and cheese or a meat sandwich.
- If the person does not wake up within 15 minutes, give another shot of glucagon.

### Questions?

Your questions are important. Call your health care provider if you have questions or concerns.

- Diabetes Care Center:  
206-598-4882  
Box 354691  
4225 Roosevelt Way N.E.  
Seattle, WA 98105
- Labor and Delivery:  
206-598-4616  
Box 356079  
1959 N.E. Pacific St.  
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