

Diabetes information and hypoglycemia troubleshooting

Your name here

Also how to use insulin injection devices, glucagon injection and glucose meters



Diabetes is a condition in which a person has a high blood sugar level, either because the body doesn't produce enough insulin, or because body cells don't properly respond to the insulin that is produced. Insulin is a hormone produced in pancreas which enables body cells to absorb.

Hypoglycemia is a condition in which an individual's blood sugar is too low.

There are two ways for sugar to become low.

1. There is lack of food or you have skipped a meal.
2. You have too much insulin in your body
3. Exercise
4. Alcohol
5. Extreme temperature
6. Other medicine

If the hypoglycemia isn't treated properly it could go into a coma

Signs of hypoglycemia:

1. Instability
2. Paleness
3. Sweating
4. Palpitations
5. Numbness of the lips
6. Feeling cold or heat
7. Confusion
8. Irrascibility
9. Weakness

Signs of severe hypoglycemia:

1. Blurred vision
2. Clumsiness
3. Drunken behavior
4. Severe confusion
5. Unconsciousness
6. Collapse

But before you deal with hypoglycemia, you should test your blood glucose (if you are able) because the signs of hypoglycemia are similar with hyperglycemia.

When you have low glucose you must go (if it is possible) to a safe place and eat 15 grams of fast acting carbohydrates such as

- 3 Glucose tablets
- One table spoon of sugar
- One table spoon of honey
- Half a glass of orange juice

After 20 minutes of waiting test your blood glucose again. If it remains low eat another 15 grams of carbohydrates. After another 20 minutes test your blood sugar again and if it remains low call emergency for help.

To avoid hypoglycemia keep a track of every test you make. You can use a testing diary. This will help you find what is going on and what are you doing wrong in a daily basis and also help you find a solution.

If the patient is not able to move or insensible call the emergency immediately.

Emergency medical telephone numbers

UK: 999 or 112

US: 911

Rest of Universe: 112

Glucagon injection

1. Put 1mg of the included powder into a vial of GlucaGen
2. Roll the vial back and forth quickly between your palms until the powder is dissolved.
3. Take out a syringe and remove the cap. Push the plunger all the way down.
4. Plunge the needle into the rubber cap of the vial and draw the liquid into the syringe. Pull the needle out.
5. Push the plunger gently until a few drops of liquid drip out to be sure that there is no air in the needle.
6. Plunge the needle all the way into a muscular area such as the curve of the calf. Push the plunger all the way down without any hesitation. Do not administer the Glucagon injection directly into a vein.
7. Call 911. When the person revives, give him some kind of simple sugar. The diabetic person only has 90 minutes after you administer the injection to receive professional medical attention.

Insulin Delivery Device

1. You must always prime the injection delivery device ensure the insulin flow before each injection. You must check if insulin appears at the tip of the needle otherwise you won't receive the full insulin dose
2. Now you have to check your dose. Check if there is enough insulin left for the injection and then dial the number of units you need to inject. If you dial a larger dose than you need, pull the mechanical section and the Penfill® holder apart and push the dial button back to 0. Now redial the correct number of units.
3. Use the injection technique your doctor has shown you. To inject precc the push button as far as it will go. After injection the needle should remain under the skin for at least 6 seconds. Keep the push button fully depressed until after the needle has been withdrawn. If there is not enough insulin in Penfill® for the whole dose, you will be able to see the number of units you still need to inject in the dosage indicator window. You must always check this after you have made the injection
4. After the injection, put the outer needle cap on and unscrew the needle. Discard the needle carefully. Replace the pen cap.
5. Unscrew the Penfill® holder. Press the push button to set the dosage indicator to zero. Take out the empty Penfill®. Take a new Penfill® and continue.

Blood glucose monitoring system

1. You will need a glucose meter, alcohol pads, sterile finger lancets and sterile test strips
2. Wash your hands and dry them well before doing the test.

3. Use an alcohol pad to clean the area that you're going to prick. With many glucose meters, you get a drop of blood from your fingertip. However, with some meters, you can also use your forearm, thigh or the fleshy part of your hand. Ask your doctor what area you should use with your meter.
4. Prick yourself with a sterile lancet to get a drop of blood. (If you prick your fingertip, it may be easier and less painful to prick it on one side, not on the pad.)
5. Place the drop of blood on the test strip.
6. Follow the instructions for inserting the test strip into the glucose meter.
7. The meter will give you a number for your blood sugar level.
8. If you get blood from your fingertip, try washing your hands in hot water to get the blood flowing. Then dangle your hand below your heart for a minute. Prick your finger quickly and then put your hand back down below your heart. You might also try slowly squeezing the finger from the base to the tip.

Emergency Numbers Around the World



DISPATCH Monthly graphic