

Patient Handout – Glucagon Follow-Up Instructions

During your appointment at BC Cancer _____ Center on _____, you had an episode of hypoglycemia (low blood sugar), and we had to give you a medication called Glucagon.

This medication only lasts for approximately 1 ½ hours, so you will need to eat or drink extra carbohydrates (sugar), and protein to keep your blood sugar normal. Fruit juice, honey, or sugar cubes all work quickly.

If a meal is more than 1 hour away, you should also eat a snack that contains protein. Suggested snacks are crackers and cheese; bread and peanut butter; or a glass of milk. This will help keep your blood sugar up after having a low.

Will you be driving? After treating a blood sugar low, wait until your blood sugar is above 5 mmol/L to start driving. Your brain might need up to 40 minutes to recover before you can safely drive again

You will also need to monitor your blood sugar more often than usual. Check it hourly for the next 3-4 hours.

It is a good idea to follow up with your family doctor and bring this letter with you.

Your doctor at BC Cancer also recommends the following:

For concerns after leaving the center, please contact the Provincial Nurse Line, for emergencies, go to your local emergency department. For questions about your cancer treatment today, please contact your oncologist.

Provincial Nurse Line	1-833-818-ONCO (6626) Available 24 hours/7 days a week
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