

Sik Nan San Ki Ba Pandan Gwosès

Yo rele sik nan san ki ba tou ipoglisemi, chòk ensilin, ak reyaksyon ensilin. Sa vle di pa gen ase sik nan san, ki rele glikoz, nan kò a. Glikoz se prensipal kabiran ki nesesè pou nourir selil kò a. Pandan gwosès la, yon nivo sik nan san nòmal sitiye ant 60 ak 120. Sik nan san ki ba vle di glikoz la enferyè a 60 oswa enferyè a 70 si w ap pran ensilin.

Risk ki lye ak sik nan san ki ba

Sik nan san ki ba gen plis chans pou rive lè ou:

- Pran twòp ensilin oswa medikaman nan bouch pou dyabèt.
- Sote, bliye, oswa retade yon repa.
- Fè twòp egzèsis oswa egzèsis enprevi.

Sa ka rive pafwa ou pa konnen poukisa sik nan san ou ba.

Siy sik nan san ki ba

Sik nan san ki ba afekte chak moun nan yon fason diferan. Gen kèk moun ki gen siy avètisman pandan gen lòt moun ki pa genyen menm. Li pi komen kay moun ki te souffri dyabèt pandan plizyè ane pou yo pa gen siy avètisman. **Aprann konnen kòman ou santi ou lè sik nan san ou twò ba.**

Pafwa sik nan san ki ba devlope tou dousman pandan gen lòt fwa li devlope nan kèk minit. **Lòt moun ka remake siy yo anvan w remake yo oumenm. Pale ak fanmi ou ak zanmi w konsènan siy sik nan san ki ba ou, sa ki ka gen ladan l:**

- Sansasyon tranbleman
- Sansasyon vètij oswa tèt vire
- Batman kè vit
- Sansasyon iritabilite oswa chanjman imè
- Sansasyon feblès oswa fatig
- Angoudisman bò bouch oswa lèy
- Pa kapab pale
- Sansasyon grangou
- Sansasyon nèvozite
- Tet fè mal
- Vizyon twoub
- Difikilte pou panse klèman
- Transpirasyon



Trètman pou sik nan san ki ba

Aksyon akoutèm pou pran:

- **Si sik nan san ou sitiye ant 50 a 60, bwè oswa konsome kèk manje ki gen sik (15 gram glisid), tankou:**
 - Mastike 3 konprime glikoz oswa 1 tib jèl glikoz
 - 1 gwo kiyè sik
 - ½ tas (4 ons) ji oswa soda regilye (avèk sik)
 - 3 tranch bonbon graham
 - 2 gwo kiyè myèl oswa siwo
 - 5 a 6 ti bonbon jele
 - 2 a 3 bonbon jelatin oswa bonbon jele gwosè regilye
- **Tann 15 minit epi verifye sik nan san ou.**
 - Si sik nan san ou toujou enferyè a 60, oswa si ou pa santi w fè mye, manje oswa bwè yon lòt pòsyon manje oswa bwason nan lis la.
- **Tann yon lòt 15 minit epi reverifye sik nan san ou.**
 - Si sik nan san ou sitiye ant 40 ak 50, manje oswa bwè 30 gram oswa 2 pòsyon glisid nan lis ki anwo a. Tann 15 minit epi reverifye sik nan san ou. Si sik nan san ou toujou enferyè a 60, oswa si ou pa santi w fè mye, manje oswa bwè yon lòt pòsyon manje oswa bwason nan lis la. Kontinye reverifye sik nan san ou chak 15 minit jiskaske li nan seri nòmal la.
 - Si sik nan san ou enferyè a 40, aji vit. Itilize jèl glikoz enstantane ki vann nan famasi. Tann 15 minit epi reverifye sik nan san ou. Si sik nan san ou toujou enferyè a 60, oswa si ou pa santi w fè mye, manje oswa bwè yon pòsyon manje oswa bwason nan lis ki anwo a. Kontinye reverifye sik nan san ou chak 15 minit jiskaske li nan seri nòmal la.
 - Si ou verifye sik nan san ou epi li 60 oswa plis epi ou toujou pa santi w fè mye, rele 911. Li ka pa yon pwoblèm sik nan san w epi ou ka bezwen plis èd.
- **Fè atansyon pou ou pa trete twòp.** Si ou panike epi ou kòmanse manje oswa bwè jiskaske w santi w fè mye, sik nan san ou ka monte twò wo.
- **Yon fwa sik nan san ou retounen nan nòmal,** manje yon repa oswa yon ti goute ki gen glisid konplèks ak manje ki gen pwoteyin pou anpeche sik nan san ou retounen ba ankò.
- **Rele founisè swen sante w la si ou gen sik nan san ki ba pandan plis pase 2 fwa nan yon semèn.**

Aksyon alontèm pou pran:

- **Swiv plan tretman ou an.** Analize jounal sik nan san ou, medikaman dyabèt ou, rejim nitrisyon ou, ak aktivite ou pandan dènyè jou yo. Chèche tout chanjman ki ka eksplike sik nan san ki ba.
 - Verifye nivo sik nan san ou jan yo te endike w la (4 a 8 fwa nan yon jounen) epi ekri rezilta yo nan jounal sik nan san ou.
 - Pran ensilin ou ak medikaman oral dyabèt ou jan yo te endike w la. Pa pran plis medikaman sof si doktè w la di w fè sa.
 - Swiv plan nitrisyon ou an. Pran repa ak ti goute nan menm lè a chak jou. Pa bliye, sote, oswa retade repa.
 - Fè egzèsis jan yo endike w sa.

- **Toujou mache ak manje tankou konprime glikoz, jèl glikoz, oswa ji nan travay ou, nan machin ou, ak lè w ap fè egzèsis.**
- **Rele founisè ou si ou gen sik nan san ki ba pandan plis pase 2 fwa nan yon semèn oswa si w gen yon gwo varyasyon ant sik nan san ki wo ak sik nan san ki ba.**

Fè lòt moun konnen ou gen dyabèt

Konjwen w, manm fanmi w, kolokatè ou, zanmi w ak kòlèg travay ou ta dwe konnen ou gen dyabèt. Se oumenm ki pou deside ki moun w ap di sa ak konbyen enfòmasyon ou vle pataje konsènan dyabèt la. Yo dwe konnen ou ka gen sik nan san ki ba ak sa yo ka fè lè sa pwodwi.

Toujou pote yon fòm idantifikasyon medikal, tankou yon braslè medikal oswa yon kat medikal nan bous ou.

Glikagon

Si w ap pran ensilin, yon manm fanmi, yon kolokatè, oswa kòlèg travay dwe aprann kòman pou ba w glikagon. Glikagon se yon òmòn ki ogmante sik nan san ou. **Yo itilize li kòm yon medikaman pou sik nan san ki ba ki grav lè w riske pèdi konesans.** Yo pa dwe janm bay yon moun ki pèdi konesans oswa ki pa konsyan manje ak likid.

Founisè w la ap montre konjwen ou, manm fanmi w, oswa zanmi w fason pou ba w glikagon. W ap bezwen yon preskripsyon. Glikagon disponib sou fòm yon enjeksyon (piki) oswa sou fòm yon poud nen.

- Mande founisè w la pou l preskri w glikagon.
- Mache ak glikagon w lan. Si w ap itilize yon twous, mande pou jwenn plis twous pou w ka genyen lakay ou, nan travay ou, oswa lekòl ou.
- Chwazi fanmi, zanmi, ak kòlèg travay ki ta ka ba ou medikaman ijans sa a. Montre moun k ap ede w yo kote ou mete medikaman an epi aprann yo fason pou yo itilize li.

Piki Glikagon

Glikagon vini tankou swa:

- Yon sereng ki ranpli alavans, oswa
- Yon twous ki gen yon likid nan yon sereng ak yon poud nan yon ti boutèy. Likid la ak poud la melanje ansanm epi enjekte avèk yon ti zegwi. Li dwe administre imedyatman aprè li fin melanje.

Moun ou te mande pou ede ou yo dwe aprann fason pou ba ou yon piki davans. Yo dwe pratike pandan y ap ba ou yon piki ensilin, yon fason pou yo kapab aji nan ka yon ijans.

Enstriksyon pou sereng ki ranpli alavans avèk glikagon:

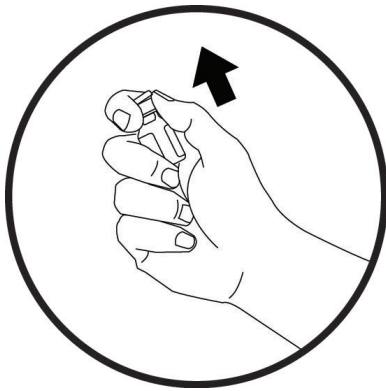
Sa yo se enstriksyon jeneral pou bay yon piki glikagon si ou gen yon sereng ki ranpli alavans. Mande famasyen oswa enfimyè w la si ou gen nenpòt kesyon.

1. Rale bouchon zegwi a tou dwat soti nan sereng lan.
2. Pense po a nan sit ou chwazi a (nan pati siperyè bra, vant, oswa kwis). Kenbe po ou pense a pandan tout moman w ap bay piki a.
3. Antre zegwi a nan po a nan yon ang 90 degre.

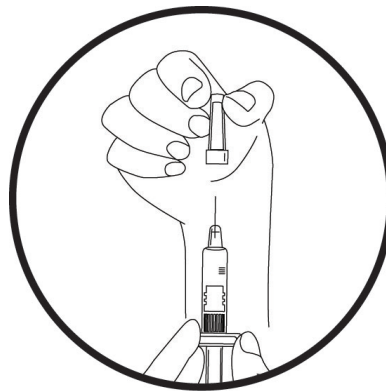
4. Peze baton an nèt pou enjekte tout medikaman an.
5. Retire sereng lan nan po a pandan w ap leve l tou dwat.
6. Vire moun nan sou kote. Ka gen vomisman aprè administrasyon glikagon an.
7. Rele 911.
8. Jete sereng lan nan yon resipyan zegwi. Pa jete l nan fatra.

Enstriksyon pou twous glikagon:

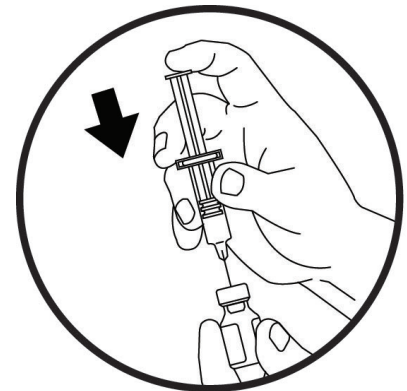
Sa yo se enstriksyon jeneral pou bay yon piki glikagon si ou gen yon twous. Verifye enstriksyon pwòp twous ou epi mande famasyon oswa enfimyè w la si ou gen nenpòt kesyon.



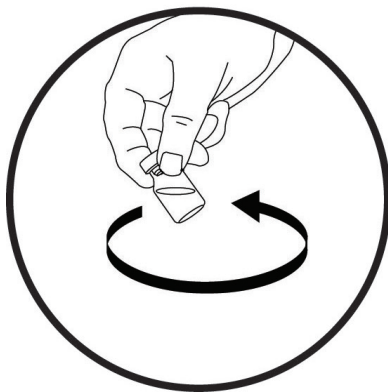
1. Retire bouchon an nan boutèy ki gen poud glikagon an.



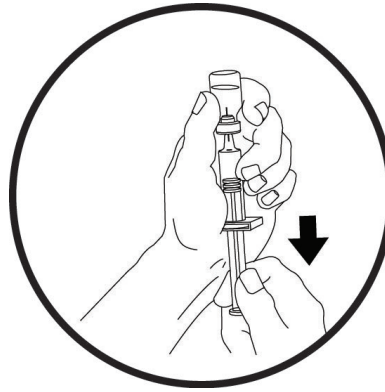
2. Retire bouchon zegwi sereng lan.



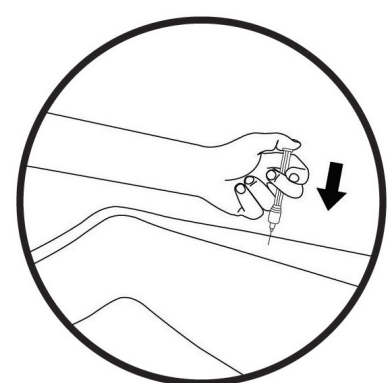
3. Enjekte tout likid ki nan sereng lan nan boutèy ki gen poud la.



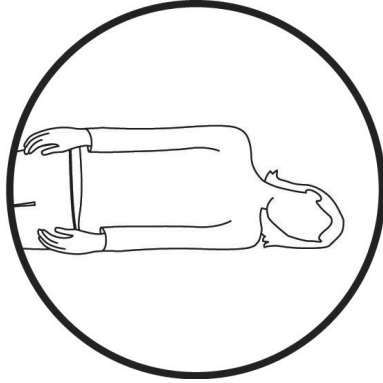
4. Retire sereng lan oswa kite li nan boutèy la, selon enstriksyon twous ou a. Brase boutèy la dousman jiskaske solisyon an vin klè. Si ou kite zegwi a nan boutèy la pandan w ap melanje li a, fè atansyon pou w pa pliye li.



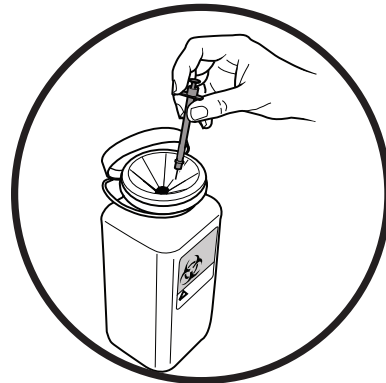
5. Dousman retire tout likid la nan sereng lan. (Sa se pou yon adilt. Timoun yo kapab nesosite yon lòt kantite medikaman).



6. Mete zegwi a tou dwat nan pati siperyè bra a, kwis la, oswa dèyè a. Pouse baton an desann pou bay medikaman an, epi apresya, retire zegwi a.



7. Vire moun nan sou kote. Ka gen vomisman aprè administrasyon glikagon an. Rele 911.



8. Jete zegwi a nan yon resipyan zegwi. Pa jete li nan fatra.

Ilustrasyon itilize avèk pèmisyon Eli Lilly and Company. © Copyright Eli Lilly and Company. Tout Dwa Rezève.

Poud Nen Glikagon

Glikagon vann anba non mak **BAQSIMI**. Li vini nan yon anbalaj pou anpeche imidite antre ladan l. Sèlman louvri tib la lè ou bezwen itilize medikaman an. Medikaman sa a administre sèlman nan nen. **Asire w moun k ap ba w swen an, fanmi ou, ak zanmi ou konnen kote ou mete medikaman sa a epi fè yo egzamine enstriksyon sa yo. Yo dwe konnen kòman pou yo itilize medikaman an anvan yon ijans ta pwodwi.**

- Konsève tib la byen fèmen jiskaske l prè pou w itilize li. Evite tanperati ki pi wo pase 86 degre Farenhayt oswa 30 degre Sèlsiyis.
- Ranplase pwodwi a anvan dat ekspirasyon ki endike sou tib la oswa anbalaj la.
- Konsève medikaman sa a lwen timoun ak bèt domestik.

Fason pou itilize poud nen glikagon an:

1. Rale bann wouj la pou retire fim plastik ki ozalantou tib la.
2. Louvri kouvèti tib la epi retire aparèy la, fè atansyon pou pa peze baton an.
3. Kenbe aparèy la ant dwèt ou yo ak gwo pous ou. Liy vèt la dwe touprè pous ou avèk dwèt ou yo sou chak bò pwent aparèy lan.
4. Dousman mete pwent lan nan 1 nannen moun nan jiskaske dwèt ou yo touche nen an.
5. Peze baton an byen fèm avèk gwo pous ou jiskaske liy vèt la disparèt nan aparèy la.
6. Vire moun nan sou kote. Ka gen vomisman aprè administrasyon glikagon an. Rele 911.
7. Jete aparèy ki itilize a ak tib la nan fatra oswa nan yon resipyan zegwi.

Pou plis enfòmasyon ak ilistrasyon sou itilizasyon poud nen glikagon an (BAQSIMI), ale sou <http://pi.lilly.com/us/baqsimi-us-ifu.pdf>.

Low Blood Sugar in Pregnancy

Low blood sugar is also called hypoglycemia, insulin shock, and insulin reaction. It means that there is not enough blood sugar, called glucose, in the body. Glucose is the major fuel needed to feed the body's cells. During pregnancy, a normal blood sugar level is between 60 and 120. Low blood sugar means that glucose is below 60 or below 70 if you are on insulin.

Low blood sugar risk

Low blood sugar is more likely to occur when you:

- Take too much insulin or oral diabetes medicine.
- Skip, miss, or delay meals.
- Do too much exercise or unplanned exercise.

There may also be times when you do not know why your blood sugar is low.

Signs of low blood sugar

Low blood sugar affects each person differently. Some people have warning signs while other people have none. It is more common in people who have had diabetes for many years to not have warning signs. **Learn how you feel when your blood sugar is too low.**

Sometimes low blood sugar develops slowly while other times it happens within minutes. **Signs may be noticed by others before you notice them. Talk to your family and friends about your signs of low blood sugar, which may include:**

- Feeling shaky
- Feeling dizzy or light-headed
- A fast heartbeat
- Feeling moody or grumpy
- Feeling weak or tired
- Numbness around mouth or lips
- Being unable to speak
- Feeling hungry
- Feeling nervous
- A headache
- Blurred vision
- Not thinking clearly
- Sweating



Treatment for low blood sugar

Short term actions to take:

- **If your blood sugar is 50 to 60, eat or drink some food with sugar (15 grams of carbs),** such as:
 - Chew 3 glucose tablets or 1 package of oral glucose gel
 - 1 tablespoon of sugar
 - ½ cup (4 ounces) of juice or regular soda (not diet)
 - 3 squares of graham crackers
 - 2 teaspoons of honey or syrup
 - 5 to 6 mini jelly beans
 - 2 to 3 gumdrop candies or regular size jelly beans
- **Wait 15 minutes and check your blood sugar.**
 - If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list.
- **Wait another 15 minutes and recheck your blood sugar.**
 - If your blood sugar is 40 to 50, eat or drink 30 grams or 2 servings of carbohydrate from the list above. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink another serving of food or drink from the list. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.
 - If your blood sugar is below 40, act quickly. Use instant glucose gel from the pharmacy. Wait 15 minutes and recheck your blood sugar. If your blood sugar is still less than 60, or if you are not feeling better, eat or drink a serving of food or drink from the list above. Continue to recheck your blood sugar every 15 minutes until it is in the normal range.
 - If you check your blood sugar and it is 60 or more and you are still not feeling better, call 911. It may not be a problem with your blood sugar and you may need more help.
- **Be careful not to over treat.** If you panic and start to eat or drink until you feel better, your blood sugar may go too high.
- **When your blood sugar has returned to normal,** eat a meal or snack with complex carbohydrates and protein foods to prevent future low blood sugar levels.
- **Call your healthcare provider if you have low blood sugar more than 2 times in a week.**

Long term actions to take:

- **Follow your treatment plan.** Review your blood sugar record, diabetes medicines, nutrition plans, and activity of the last few days. Look for any changes that may explain low blood sugar.
 - Check your blood sugar level as directed (4 to 8 times a day) and record the results in your blood sugar record.
 - Take your insulin and oral diabetes medicines as directed. Do not take extra medicine unless directed to do so by your provider.
 - Follow your nutrition plan. Eat meals and snacks at the same time each day. Do not miss, skip, or delay meals.
 - Exercise as directed.

- **Keep food like glucose tablets, glucose gels, or juice with you at all times** at work, in your car, and when you exercise.
- **Call your provider if you have low blood sugar more than 2 times in a week or wide swings from high to low blood sugar.**

Let others know you have diabetes

Your spouse, family members, roommates, friends, and coworkers should know that you have diabetes. It is up to you to decide who you tell and how much you tell them about diabetes. They should know that you can have low blood sugar and what they can do when it happens.

Always wear some form of medical identification, such as a medical ID bracelet or carry a wallet card.

Glucagon

If you take insulin, a family member, roommate, or coworker should learn how to give glucagon. Glucagon is a hormone that raises your blood sugar. **It is used as a medicine for severe low blood sugar when you might be found unconscious.** Liquids and food should never be given to someone who is not alert or awake.

Your provider will teach your spouse, family member, or friend how to give glucagon. You will need a prescription. Glucagon is available as an injection (shot) or as a nasal powder.

- Get a prescription from your provider for glucagon.
- Keep glucagon with you. If you use a kit, ask about getting more kits to keep at home, work, or school.
- Pick family, friends, and coworkers who could give you this emergency medicine. Show these helpers where you keep the medicine and have them learn how to use it.

Glucagon Injection

Glucagon comes as either:

- A prefilled syringe, or
- A kit that has liquid in a syringe and powder in a vial. The liquid and powder is mixed together and injected with a small needle. It has to be given immediately after being mixed.

People you have asked to help you need to learn about how to give you an injection ahead of time. They should practice by giving you an insulin shot, so they are able to take action in an emergency.

Glucagon prefilled syringe instructions:

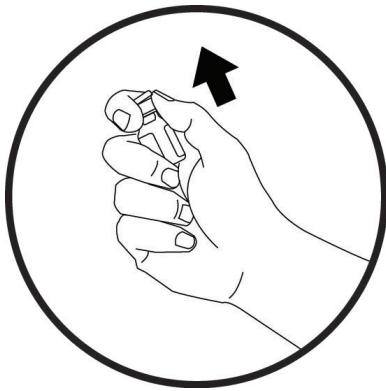
These are general instructions for giving a glucagon injection if you have a prefilled syringe. Ask your pharmacist or nurse if you have any questions.

1. Pull the needle cap straight off the syringe.
2. Pinch the skin of the chosen site (upper arm, stomach, or thigh). Hold the pinch for the entire injection.
3. Insert the needle into the skin at a 90 degree angle.

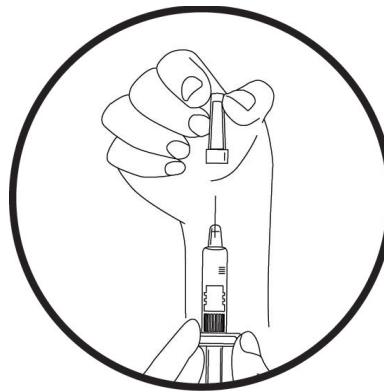
4. Push the plunger down as far as it will go to inject all of the medicine.
5. Remove the syringe from the skin, lifting it straight up from the injection site.
6. Turn the person on their side. Throwing up (vomiting) may happen after glucagon is given.
7. Call 911.
8. Throw away the syringe in a needle disposal box. Do not throw it away in the trash.

Glucagon kit instructions:

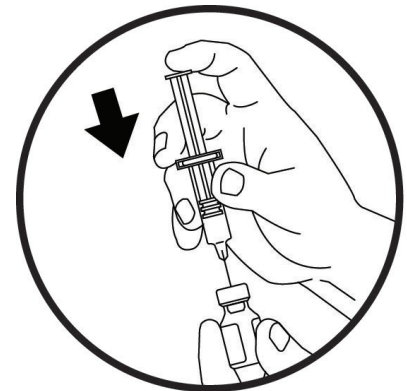
These are general instructions for giving a glucagon injection if you have a kit. Check your own kit's instructions and ask your pharmacist or nurse if you have any questions.



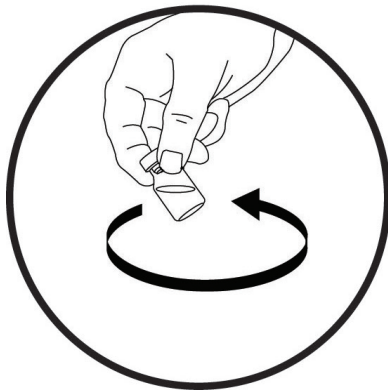
1. Remove the cap from the vial with the glucagon powder.



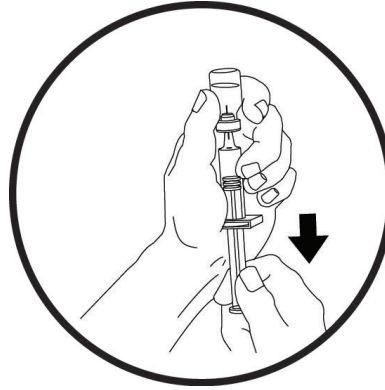
2. Remove the cap from the needle on the syringe.



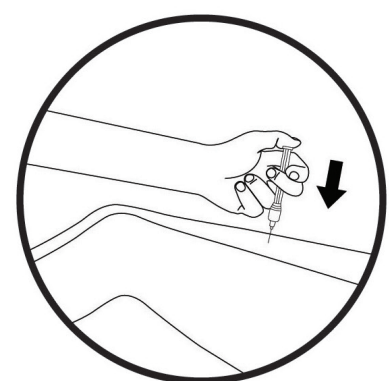
3. Inject all liquid in the syringe into the vial with the powder.



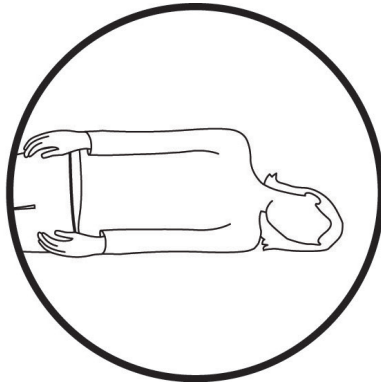
4. Remove the syringe or keep it in the vial, according to your kit's instructions. Swirl the vial gently until the solution is clear. If you keep the needle in the vial while mixing, be careful not to bend it.



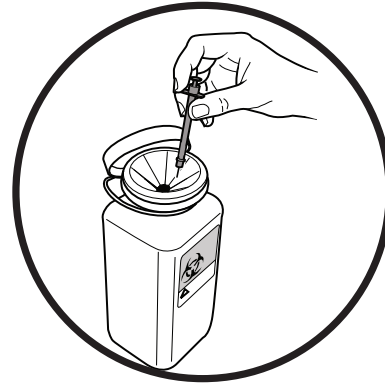
5. Slowly withdraw all the liquid into the syringe. (This is for an adult. Children may get a different amount of medicine).



6. Stick the needle straight into the upper arm, upper leg, or buttocks. Push the plunger down to give the medicine, and then remove the needle.



7. Turn the person on their side. Throwing up (vomiting) may happen after glucagon is given. Call 911.



8. Throw away the needle in a needle disposal box. Do not throw it away in the trash.

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Glucagon Nasal Powder

Glucagon powder is sold under the brand name **BAQSIMI**. It comes in a wrapped container to prevent exposure to moisture. Only open the tube when you need to use the medicine. This medicine is only to be given in the nose. **Make sure your caregiver, family, and friends know where you keep this medicine and have them review these instructions. They need to know how to use the medicine before an emergency would happen to you.**

- Store the sealed tube until ready for use. Avoid temperatures over 86 degrees F or 30 degrees C.
- Replace before the expiration date on the tube or package.
- Keep this medicine out of reach of children and pets.

How to use the glucagon nasal powder:

1. Pull the red strip to remove the shrink wrap from the tube.
2. Open the lid of the tube and remove the device, being careful not to push the plunger.
3. Hold the device between your fingers and your thumb. The green line should be by your thumb with your fingers on either side of the tip of the device.
4. Gently insert the tip in 1 side of the person's nose until your fingers touch the nose.
5. Push the plunger firmly with your thumb until the green line disappears into the device.
6. Turn the person on their side. Throwing up (vomiting) may happen after glucagon is given. Call 911.
7. Throw away the used device and tube in the trash or in a needle disposal box.

For more information and images for how to use glucagon nasal powder (BAQSIMI), go to <http://pi.lilly.com/us/baqsimi-us-ifu.pdf>.