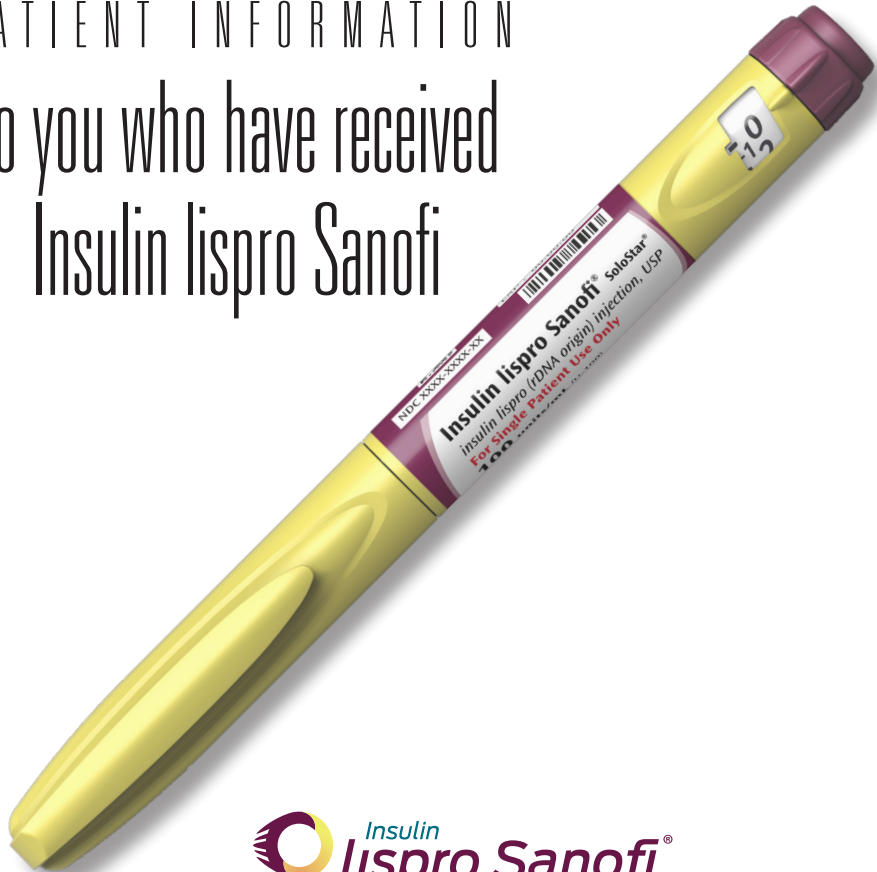


PATIENT INFORMATION  
To you who have received  
Insulin lispro Sanofi



We have written this brochure for you who have diabetes and have been prescribed Insulin lispro Sanofi by your doctor. The primary goal in all diabetes treatment is to feel well, but also achieve a blood sugar level that is as normal as possible.

If you have any questions regarding your diabetes treatment, do not hesitate to ask your nurse or doctor.

# Why do I need a mealtime insulin?

Insulin is a hormone that helps the body regulate the sugar level in the blood. By injecting insulin, you who has diabetes will help your body to lower blood sugar levels when the body's own insulin production is not enough.

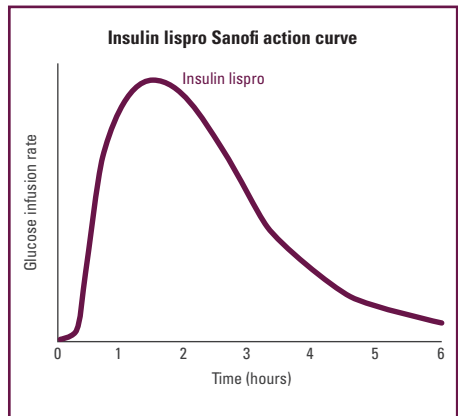
**Insulin lispro Sanofi** is a direct-acting mealtime insulin that mimics the body's natural insulin effect at mealtimes. Insulin lispro Sanofi is rapidly absorbed from the injection site and therefore acts quickly.

Insulin lispro Sanofi's rapid onset effect allows you to take your mealtime insulin directly before or immediately after a meal. You do not have to wait between injections and meals.

Insulin lispro Sanofi takes care of the blood sugar spikes that occur in

connection with meals and is gone from the blood after a few hours.

Along with a long-acting basal insulin, Insulin lispro Sanofi gives you the opportunity to live both safely and comfortably with your diabetes.



The curve shows that Insulin lispro Sanofi has a rapid onset.

Ref: Package leaflet for Insulin lispro Sanofi. [www.fass.se](http://www.fass.se)

# Potential side effects

## **What side effects can I get from insulin therapy?**

Depending on various causes, you may have too much insulin in relation to the amount of sugar present in your blood. You will then get a lower blood sugar than normal ( $< 3.5$  mmol/l). This is called insulin sensitivity.

### **Common characteristics:**

- Jitters
- Feelings of hunger
- Sweating
- Palpitations
- Impaired concentration
- Vision disorder
- Irritation/Aggressivity
- Asthenia

### **Causes of insulin sensitivity can be:**

- Meal delay
- Too little food
- Too much insulin and/or blood sugar lowering tablets

- Physical activity/exercise (greater or longer than estimated)
- Alcohol

To increase blood sugar and remove a sensation you should always eat something. What increases blood sugar the fastest is dextrose, a glass of plain juice or something else sweet. Blood sugar  $3.0-4.0$  mmol/l with clear symptoms is treated with dextrose, 1/2-1 dextrose tablet per 10 kg body weight. Drink water for faster absorption.

If it takes time before you will be eating a meal, you may need an extra snack. The sensation does not relieve faster because you eat a greater amount of food. An important rule when taking insulin treatment is to always carry dextrose with you.

# Before injecting Insulin lispro Sanofi

## **Store Insulin lispro Sanofi properly**

Vials or pre-filled pens in unbroken packages must be stored in a refrigerator, 2-8°C. Insulin lispro Sanofi must not be frozen. Avoid direct contact with freezer compartments or ice packs. Insulin lispro Sanofi that is being used must be stored at maximum 30°C and be protected from cold and light. If there is insulin left after four weeks of use, you must discard the vial or pre-filled pen. Please write down the date you inserted a new vial or started using a new pre-filled pen.

## **Before first use**

When you are starting a new vial or pre-filled pen, remove it from the refrigerator one to two hours in advance. Check that the insulin in the vial or pre-filled pen is clear (colourless, transparent without any visible

solid particles). If the insulin is cloudy you must discard the vial or pre-filled pen and take a new one.

Follow the pen manufacturer's instructions when loading your reusable pen with Insulin lispro Sanofi. Always use a new needle when injecting Insulin lispro Sanofi.

## **Check your fasting blood glucose**

It is important that you have a good knowledge of your fasting blood sugar and your blood sugar level about two hours after a meal. These values provide you with the information you need to increase/decrease the dose of Insulin lispro Sanofi in consultation with your doctor or diabetes nurse.

Please use your Diabetes Diary to monitor your blood glucose levels and insulin doses.

# How to take Insulin lispro Sanofi

Your doctor or diabetes nurse will give you information about what dose to take and where on the body you should inject Insulin lispro Sanofi.

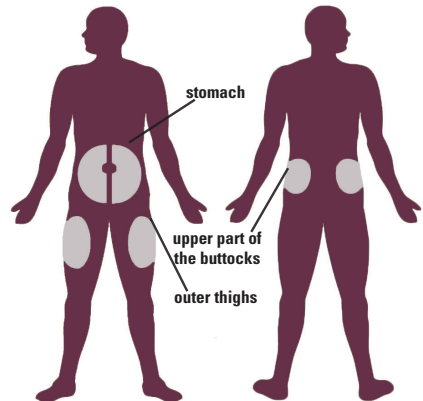
Insulin lispro Sanofi is a meal insulin to be given as a subcutaneous injection right (0-15 min) before or shortly after a meal or by continuous subcutaneous infusion pump.

## What mealtime dose should I take?

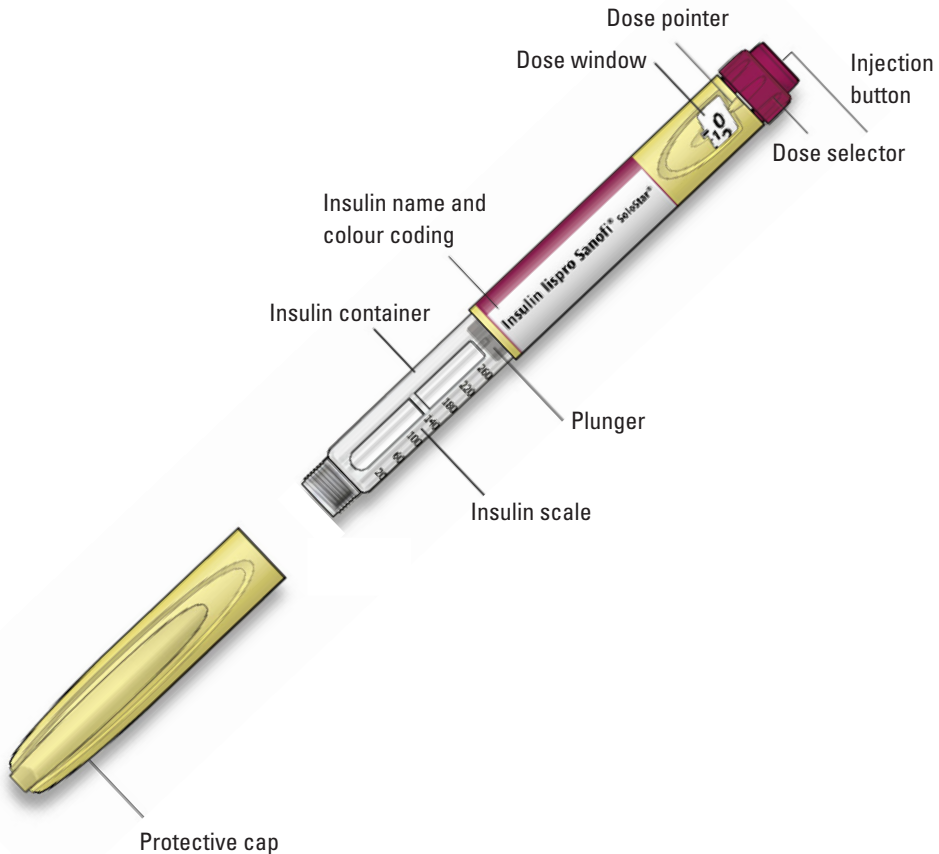
This is controlled by:

- What you will eat.
- What your blood sugar is for before meals.
- What you will do.

According to new recommendations for the injection of insulin, it is important to vary the injection sites and also with Insulin lispro Sanofi within the injection areas. Choose between the following sites:



# Insulin lispro Sanofi SoloSTAR

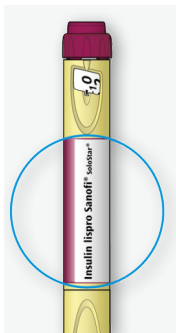


**Setting is done with one unit at a time.**

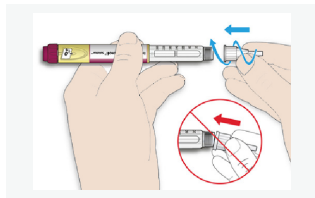
# How to start with Insulin lispro Sanofi

**1** Make sure you have **the correct medication.**

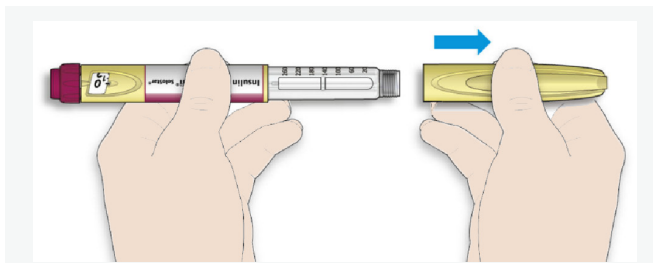
Insulin lispro Sanofi Solostar is a yellow pen with a burgundy injection button.



**3** **Attach a new needle.**  
Screw or tap on the needle depending on the needle you are using.



**2** Remove the protective cap and make sure the insulin is transparent.



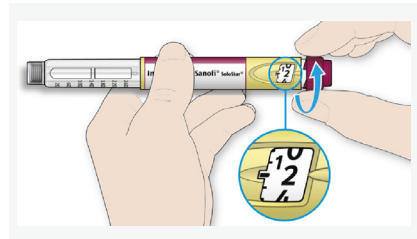
**NOTE!**

Do not set the dose or press the injection button without the needle attached.



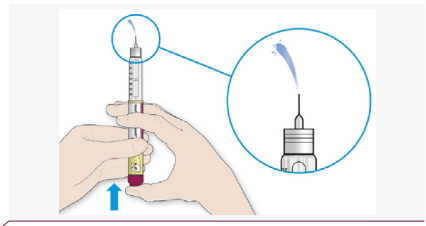
# Perform a safety test prior to each injection

**4** Set two units by turning the dose selector clockwise. Remove outer and inner needle covers.



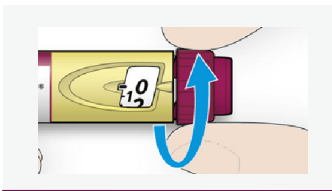
**5** Hold the pen with the needle up.  
Remove any air bubbles by snapping your finger against the insulin reservoir.

**6** Push the injection button all the way in. Make sure insulin comes out of the needle tip and the dose window displays "0".

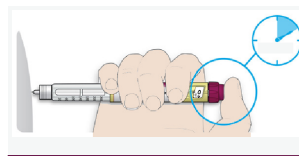


# Set the dose and inject

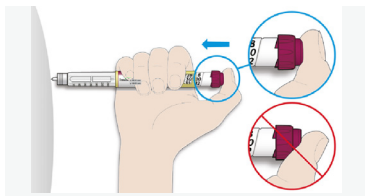
**7** Set your chosen dose. If you rotate past the unit you are about to inject, simply turn back to the correct unit.



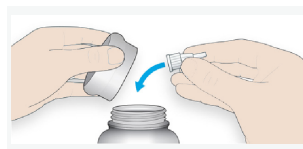
**9** Keep the injection button pressed in the depressed position while counting to 10. Then pull the needle out.



**8** Lift up a fold of skin and keep it folded throughout the injection. Insert the needle into the skin fold and inject.



**10** Attach the outer needle cap and unscrew the needle. Discard the cannula that you have been prescribed. Put on the protective cap of your SoloSTAR pen and store it safely.



## NOTE!

Always remove the needle after an injection and store the SoloSTAR pen without a needle. This helps prevent contamination, air bubbles and insulin leakage.

# Keep in mind



## Store properly

### Before first use

- Store new SoloSTAR pens in the refrigerator, in the dark and cold (**2°C to 8°C**) in the package.
- **Do not** freeze.

### After first use

- Store the SoloSTAR pen at room temperature, **at a maximum of 30°C**.
- Always **remove** the needle after an injection.
- **Store** the SoloSTAR pen without a needle. This helps prevent contamination, air bubbles and insulin leakage.
- **Protect** the SoloSTAR pen from sunlight and heat.

- **Store** the Solostar pen with the protective cap on.
- **Use** the Solostar pen at most for **4 weeks** after the first use.

### Handle the pen with care

- If you think your pen may be damaged, do **not try** fix it. Use a new SoloSTAR pen.

### Disposal of the pen

- **Remove** the needle before disposing of the SoloSTAR pen.
- **Discard** the SoloSTAR pen in accordance with current procedures.

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**If you have questions** about your SoloSTAR, feel free to call us at 020-52 68 87.  
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Questions about our diabetes products:

020-52 68 87

[insulin.se](http://insulin.se)

You can find more information about diabetes at [insulin.se](http://insulin.se)  
You can also read about various diabetes products at [fass.se](http://fass.se). An instructional films  
on how to use the pen can be found at [medicininstruktioner.se](http://medicininstruktioner.se)

**Please read the information leaflet carefully.**



[sanofi.se](http://sanofi.se)