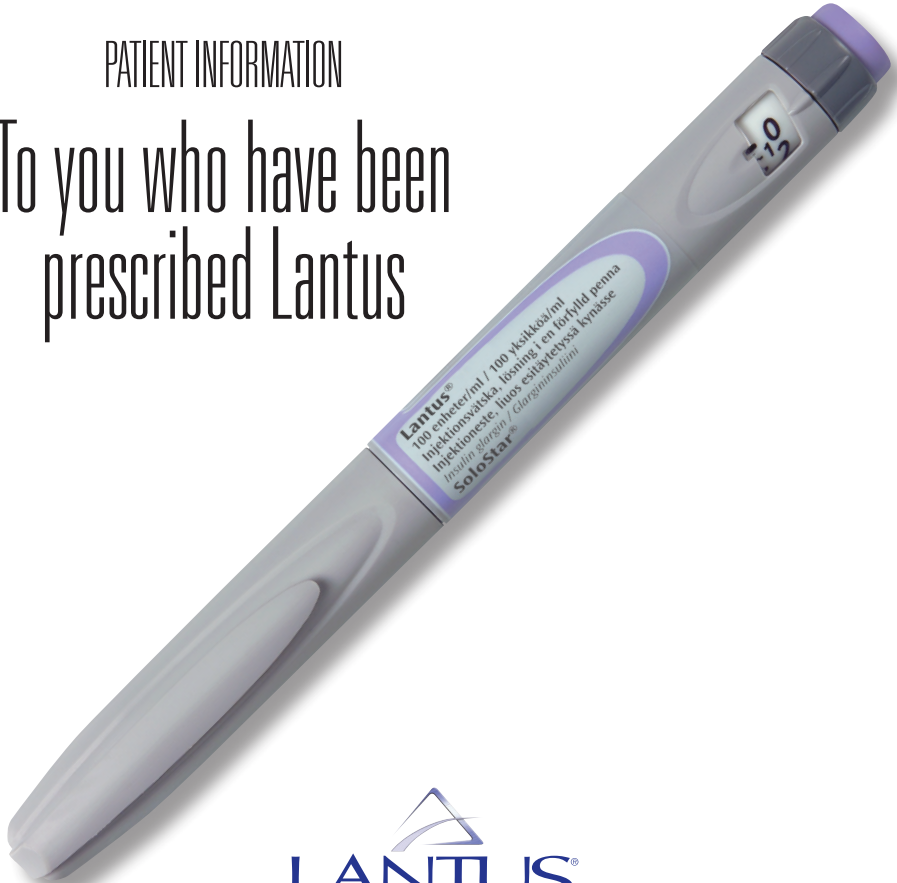


PATIENT INFORMATION

To you who have been
prescribed Lantus



We have written this brochure for you who have diabetes and has been prescribed Lantus (insulin glargine 100 U/ml) by your doctor. The primary goal in all diabetes treatments is to achieve a blood sugar level that is as normal as possible and at the same time to feel healthy.

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

Why do I need a basal insulin?

Insulin is a hormone that helps the body regulate the sugar level in the blood. A basal insulin helps the body to maintain an even level of insulin 24 hours a day.

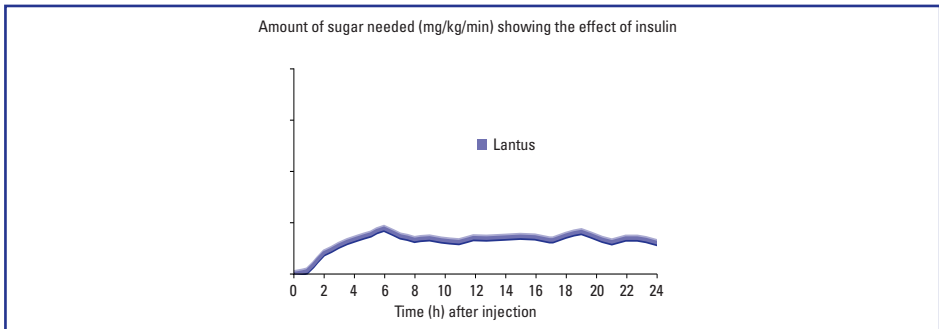
Lantus is a long-acting insulin that is released slowly from the injection site into the blood and provides a steady lowering of the blood sugar for more than 24 hours.

Lantus' slow release gives an even

insulin profile without spikes, which reduces the risk of insulin sensitivity.

You only need to take Lantus once in 24 hours. You can take it at any time of day but it is important that you take it at the same time each time.

If needed, you can inject Lantus one hour before or one hour after the regular dose time.



The curve shows that Lantus has an even profile over 24 hours with no spikes compared to NPH insulin*.

*Reference: Lepore et al, Diabetes 2000;49;2142-2148

Potential side effects

What side effects can I get from insulin treatment?

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 Lantus

Storing Lantus correctly

Vials or pre-filled SoloSTAR pens must be stored in the refrigerator, in the dark and cold (2°C to 8°C). Lantus must not be frozen. Therefore, do not store Lantus next to freezer compartments or cooling blocks. Lantus used can be stored for a maximum of **4 weeks** at a maximum of **25°C** and protected from direct heat (e.g. next to a radiator), direct light (e.g. sunlight or next to a lamp) and protected from cold. 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 SoloSTAR pen.

When you are starting a new vial or pre-filled SoloSTAR pen, remove it from the refrigerator one to two hours in advance. Check that the insulin in the vial or pre-

filled SoloSTAR pen is clear (colourless, transparent without any visible solid particles). If the insulin is cloudy you must discard the vial or pre-filled SoloSTAR pen and take a new one.

Check your blood sugar It is important that you have good knowledge about your fasting blood sugar. These levels give you the information that you need to titre Lantus, in collaboration with your doctor or diabetes nurse. Please use your Diabetes Diary to monitor your blood glucose levels and insulin doses.

How to take Lantus

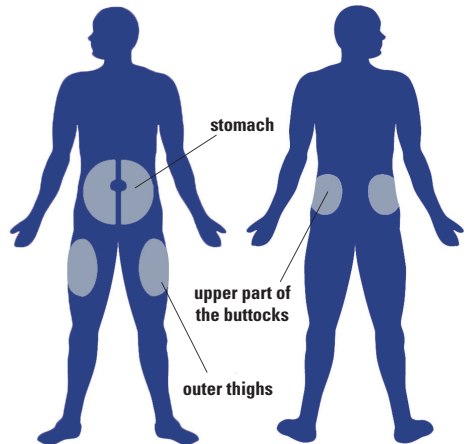
Your doctor or diabetes nurse will give you information about what dose to take and where on the body you should inject Lantus.

Lantus is a basal insulin to be administered once daily and can be given at any time during the day, preferably at the same time each day. If needed, Lantus can be administered up to three hours before or after the usual time of dosing.

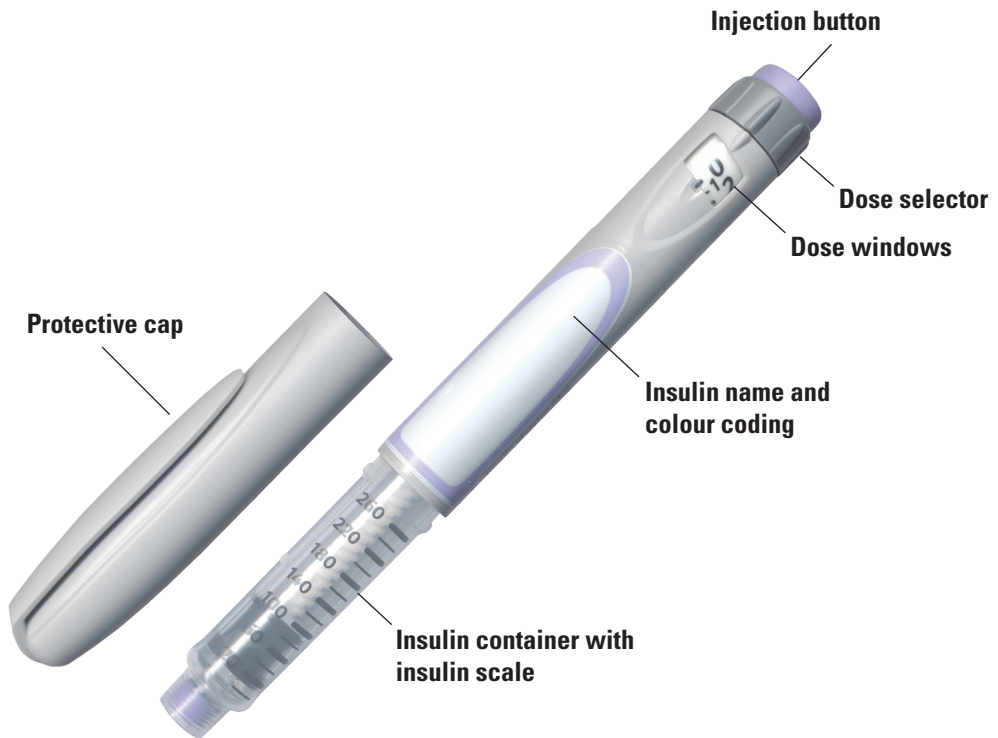
- Increase/decrease dose depending on your fasting values
- You should measure your fasting value every day
- Do not adjust the dose more often than every 3-4 days

According to new recommendations for the injection of insulin, it is important to vary the injection sites and also within the injection areas with Lantus.

Choose between the following sites:



Lantus SoloSTAR



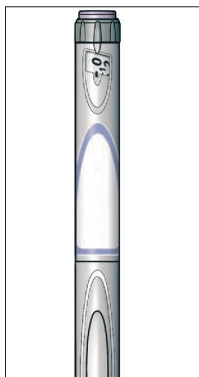
Setting is done with one unit at a time.

How to start with Lantus

1

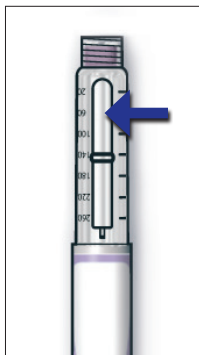
Make sure you have **the correct insulin**.

Lantus SoloSTAR is grey with a purple injection button.



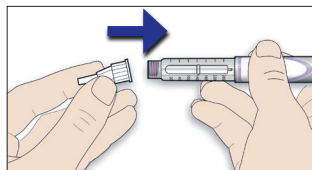
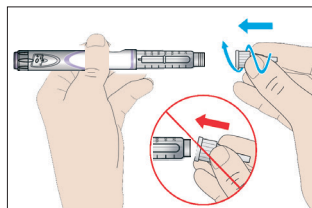
2

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



3

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

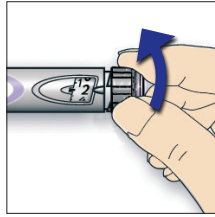


NOTE!
Do not set the dose or press the injection button without the needle attached.

Perform a safety test prior to each injection

4

Set 2 units by turning the dose selector clockwise.

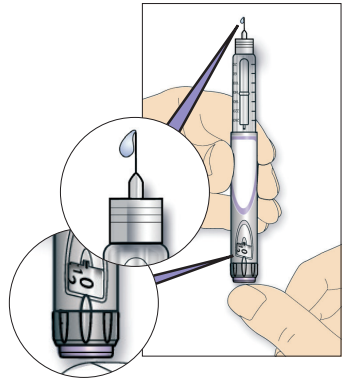
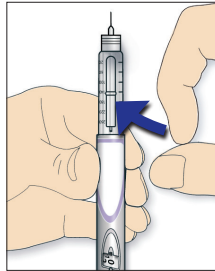


6

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

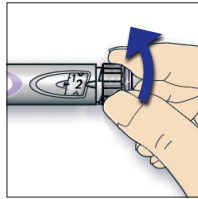
5

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



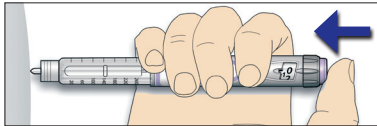
Set the dose and inject

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

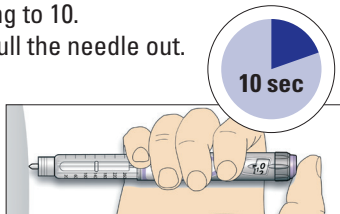


8 Lift up a fold of skin and keep it folded throughout the injection.

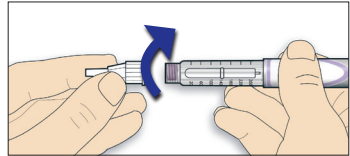
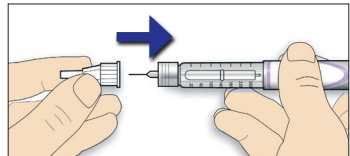
Insert the needle into the skin fold and inject.



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



10 Put on the outer cover and unscrew the needle. Discard the cannula that you have been prescribed. Put on the protective cap of your SoloSTAR pen.



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

After first use

- Store the SoloSTAR pen at room temperature, **at a maximum of 25°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.

Handle the pen with care

- If you think your pen may be damaged, do **not try** to 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.

If you have questions about your SoloSTAR, feel free to call us at 020-52 68 87.





Questions about our diabetes products:

020-52 68 87

insulin.se

You can find more information about diabetes at insulin.se
You can also read about various diabetes products at fass.se. You can be find an
instructional film on how to use the pen at medicininstruktioner.se.

Please read the information leaflet carefully.



sanofi.se