

You have received this patient information sheet from your doctor/nurse.



***FOR YOU, WHO HAS
BEEN PRESCRIBED
INSULIN ASPART SANOFI***



 *Insulin
aspart Sanofi*

We have written this brochure for you who have diabetes and have been prescribed Insulin aspart Sanofi by your doctor. The primary goal in all diabetes treatment is to feel well, but also to 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 doctor or nurse.

Why do I need a mealtime insulin?

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

Insulin aspart Sanofi is direct-acting mealtime insulin that mimics the body's natural insulin effect at mealtimes. Insulin aspart Sanofi starts lowering blood sugar 10–20 minutes after you have injected it. The effect is strongest 1–3 hours after the injection and lasts for 3–5 hours.

Insulin aspart Sanofi's rapid onset effect allow you to take it directly before or immediately after a meal. You do not have to wait between injections and meals.

Insulin aspart Sanofi takes care of the blood sugar spikes that occur in connection with meals and is gone from the blood after a few hours.

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

What side effects can I get from insulin therapy?

Depending on various factors, 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 level than normal. 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 there is still some time before your next meal, you may need an extra snack. The sensation will not be relieved any faster if you eat a greater amount of food. An important rule when receiving insulin treatment is to always carry dextrose with you.

Before injecting Insulin aspart Sanofi

Take your new vial or pre-filled pen out of the refrigerator one to two hours in advance. Check that the insulin is clear (colourless and clear without any visible solid particles). If the insulin is cloudy, discard the vial or pre-filled pen.

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

Check your fasting blood glucose

It is important that you have sufficient knowledge of your fasting blood sugar and your blood sugar level about two hours after a meal.

Your doctor or nurse will give you information and advice on how to adjust the insulin dose according to your blood sugar values in order to easily and safely achieve sufficient blood glucose control. Please use your Diabetes Diary to monitor your blood sugar values and insulin doses.

Store Insulin aspart Sanofi properly

Insulin aspart Sanofi in unopened packaging should be stored in a refrigerator at 2–8°C and must never be frozen. Insulin that is used must be stored at a maximum of 30°C and stored away from cold and sunlight.

Any remaining insulin should be discarded after four weeks. For this reason, please write down the date you inserted a new vial or started a new pre-filled pen.

Medicines should not be disposed of via wastewater or household waste, but should instead be returned to the pharmacy in order to help protect the environment.

How to take Insulin aspart Sanofi

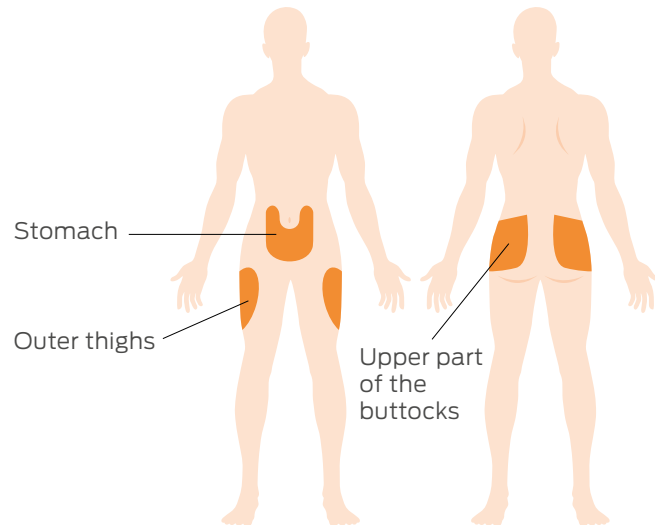
Your doctor will tell you what dose to use and where you should inject Insulin aspart Sanofi on your body. Insulin aspart Sanofi is to be given as a subcutaneous injection (under the skin) 0–15 minutes before or shortly after a meal or by continuous subcutaneous infusion pump.

The mealtime dose you should take depends on:

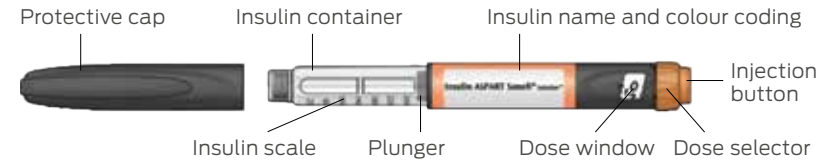
- What you will eat
- Your blood sugar level before the meal
- What you will do

Injection sites

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



How the SoloSTAR pen works



Prepare the pen

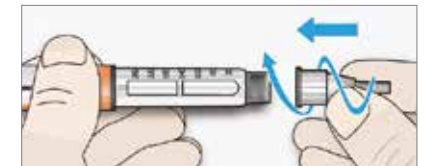
- 1) Make sure you have the correct medication. Insulin aspart Sanofi SoloSTAR comes in a grey pen with an orange injection button.



- 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.



Important: 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 pointing 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 that the dose window shows "0".

Set the dose and inject

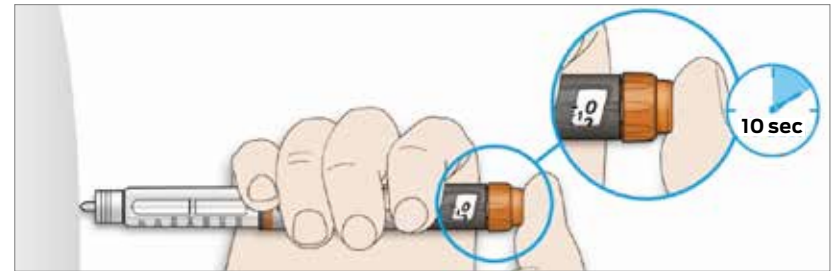
- 7) Set your chosen dose. If you rotate past the unit you are about to inject, simply turn back to the correct unit.



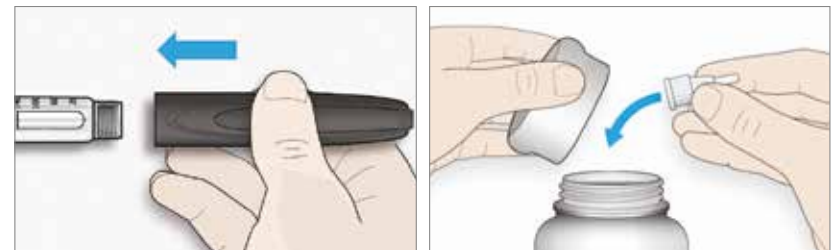
- 8) Lift up a fold of skin and keep it folded throughout the injection. Insert the needle into the skin fold and inject.



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



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



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

Considerations

Before first use

Read the package leaflet carefully.

Store new SoloSTAR pens in the refrigerator, in the dark and cold (2–8°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 injection.

Store the SoloSTAR pen without a needle. This helps prevent contamination, air bubbles or insulin leakage.

Protect the SoloSTAR pen from sunlight and heat.

Store the Solostar pen with the protective cap on.

Use the SoloSTAR pen for a maximum of four weeks after the first use. Handle the pen with care.

If you think your pen may be damaged, do not try to fix it.

Use a new SoloSTAR pen.

Remove the needle before disposing of the SoloSTAR pen.

Discard the SoloSTAR pen in accordance with current procedures.

If you have any questions about your SoloSTAR, feel free to call our service line on 020-52 68 87.

Insulin aspart Sanofi[®] (insulin aspart), solution for injection 100 units/mL. Rx, F, A10AB05.

Indication: Insulin aspart Sanofi is indicated for the treatment of diabetes mellitus in adults, adolescents and children from one year of age.

Packaging: Insulin aspart Sanofi SoloStar 5x3 mL, cartridge 5x3 mL. For further information and pricing, see www.fass.se.

Contact information: Insulin aspart Sanofi is provided by Sanofi AB, Box 30052, 104 25 Stockholm, Tel: 08-634 50 00, www.sanofi.se. If you have questions about our medicines, please contact infoavd@sanofi.com. Date of last revision of the Summary of Product Characteristics: August 2020.

▼ This medicine is subject to enhanced monitoring. For further information visit www.fass.se.

Questions on our diabetes products:

020-52 68 87

More information about diabetes
can be found at **insulin.se**

You can also read about different
diabetes products at **fass.se**



Sanofi AB, Box 30052, 104 25 Stockholm, Tel.: +46 8-634 50 00, www.sanofi.se.
If you have any questions about our medicines, please contact infoavd@sanofi.com