

PATIENT INFORMATION

To you who received Toujeo



**Toujeo**<sup>®</sup>  
insulin glargin 300E/ml

This leaflet is written for you who have diabetes and have been prescribed Toujeo (insulin glargine 300 units/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.

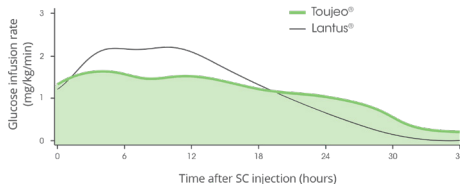
# Why do I need a basal insulin?

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

**Toujeo** is a long-acting basal 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, which reduces the risk of insulin sensitivity.

Which dose you should take depends on your lifestyle, results from blood glucose tests and any previous use of insulin. If you switch to Toujeo from another insulin, your dose may need to be adjusted.



Reference: Adjusted from Becker et.al. Diabetes Care 2015; 38 (4):637-643

The curve shows that Toujeo has a steady profile over 24 hours with an effect lasting longer than 24 hours.

# 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 you inject Toujeo

## **Store Toujeo correctly**

Toujeo pens should be stored in their packaging in the refrigerator, in the dark and cold (2°C to 8°C). Do not freeze Toujeo. Therefore, do not store Toujeo next to freezing containers or cooling blocks.

## **Before first use**

When you are starting a new pre-filled Toujeo pen, remove it from the refrigerator one to two hours in advance. Check that the insulin in the pre-filled pen is clear (colourless, clear without any visible solid particles). If the insulin is cloudy you must discard the pre-filled

Toujeo pen and use a new one. Always use a new needle when injecting Toujeo. If there is insulin left after **6 weeks** of use, you must discard the pre-filled pen. Please note the date when you started using a new pre-filled Toujeo pen.

## **Check your fasting blood glucose**

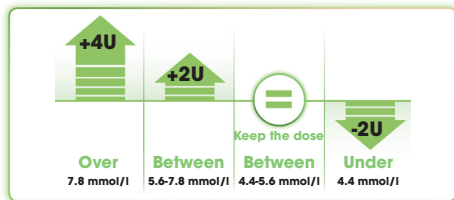
It is important that you have good knowledge about your fasting blood glucose. These levels give you the information that you need to increase/decrease the dose of Toujeo, in collaboration with your doctor or diabetes nurse. Please use your Diabetes Diary to monitor your blood glucose levels and insulin doses.

# How to take Toujeo

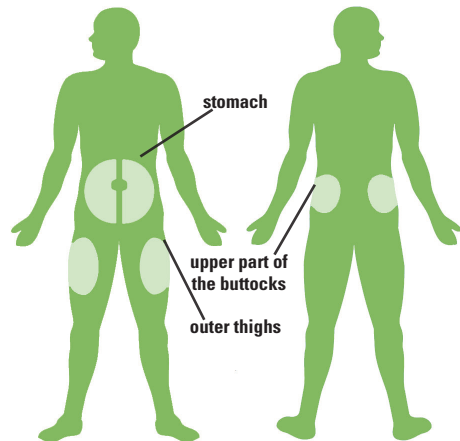
Your doctor or diabetes nurse will give you the information about what dose schedule and where on the body you should inject Toujeo.

Toujeo 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, Toujeo can be administered up to 3 hours before or after the usual time of dosing.

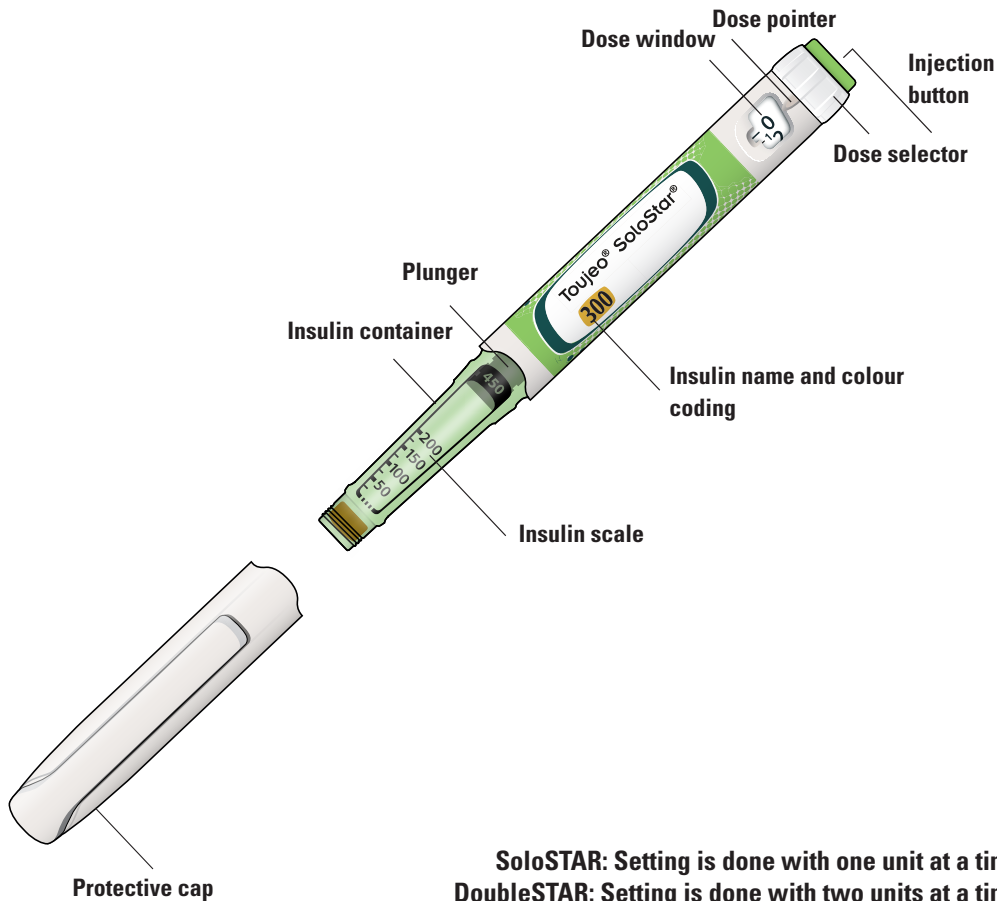
- Increase/decrease dose depending on your fasting values
- You should measure your fasting value every day
- Do not adjust the dose more often than every 3-4 days



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



# Parts of the Toujeo pens



**SoloSTAR:** Setting is done with one unit at a time.  
**DoubleSTAR:** Setting is done with two units at a time.

# How to start with Toujeo

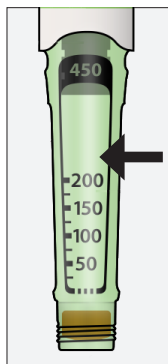
**1** Make sure you have **the correct insulin**.

The Toujeo pens are light grey with a green injection button.

Toujeo SoloStar has a green label and Toujeo DoubleStar has a purple label.

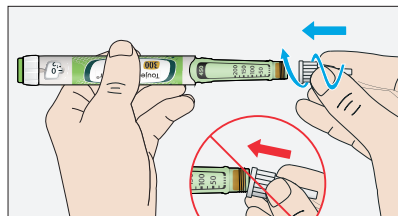


**2** Remove the protective cap and verify that the insulin is clear/translucent.



# Attach the needle

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



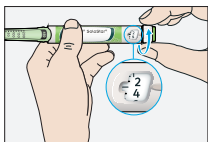
## **NOTE!**

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



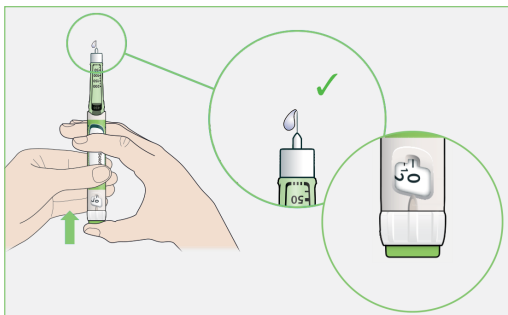
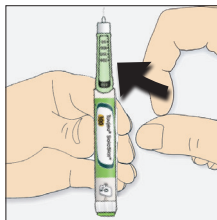
# Perform a safety test prior to each injection

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



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

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

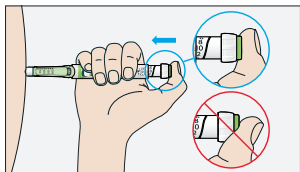


# Set the dose and inject

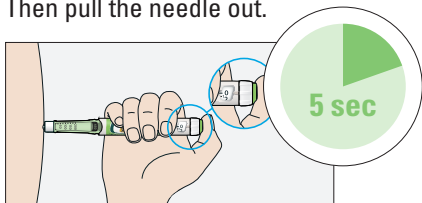
**7** Set your chosen dose. If you rotate past the unit you are about to inject, simply turn back to the correct unit.



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

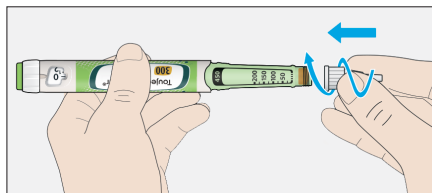


**9** Keep the injection button pressed in the depressed position while counting to 5. Then pull the needle out.



# After injecting

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



## NOTE!

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

# Keep in mind

## Store properly

### Before first use

- Store new Toujeo pens in the refrigerator, in the dark and cold (**2°C to 8°C**) in the package.
- **Do not** freeze.
- **Store** the Toujeo pen with the protective cap
- **Use** the Toujeo pen at most for **6 weeks** after the first use.

### After first use

- Store the Toujeo pen at room temperature, at a **maximum of 30°C**.
- Always **remove** the needle after an injection.
- **Store** the Toujeo pen without a needle. This helps prevent contamination, air bubbles and insulin leakage.
- **Protect** the Toujeo pen from sunlight and heat on.
- **Handle the pen with care**
- If you think your pen may be damaged, do **not try** to fix it. Use a new Toujeo pen.
- **Disposal of the pen**
- **Remove** the needle before disposing of the Toujeo pen.
- **Discard** the Toujeo pen according to standard procedures.

If you have questions about your Toujeo pen, 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](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.**

The brochure is developed in collaboration with Eva Salomonson and  
Rebecca Odhagen, Örebro University Hospital.



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