

Starting TOUJEO®

Getting started

- TOUJEO® is used to help lower your blood sugar level
- It should be taken once a day and at the same time every day
- Check your blood sugar level and adjust your dose per your doctor's direction
- Continue taking your other diabetes medications as directed, unless your doctor tells you otherwise

TOUJEO® dosage instructions

This section should be completed by your doctor.

Start taking TOUJEO®	
Starting units of TOUJEO® to inject:	_____ daily
Time of day to take once-daily TOUJEO®:	_____ am / pm (circle one)
Your target A1C:	_____ %
Your target fasting blood sugar (fasting plasma glucose, or FPG) level:	_____ mmol/L

Monitor your fasting blood sugar each day and adjust your dose

- You should adjust your dose:
 - ☐ Daily
 - ☐ Every other day
 - ☐ Every _____ days
 - ☐ Weekly
 - ☐ On _____ (day of week)
 - ☐ Other: _____
- Measure your blood sugar levels every day before breakfast (this gives you your fasting blood sugar or FPG)
- Adjust your dose based on the following insulin management advice from your doctor:

Increase dose by: _____ units _____

Increase dose by: _____ units _____

Decrease dose by: _____ units _____

Decrease dose by: _____ units _____

Other: _____

Do not increase or decrease your TOUJEO® when your FPG is: _____ mmol/L

Continue monitoring and adjusting your dose until your FPG is: _____ mmol/L

Remember, the dose counter of your SoloSTAR® or DoubleSTAR® pen shows the number of units of TOUJEO® to be injected – **there is no need to re-calculate your dose**



Monitoring your blood sugar and dose adjustments

Your healthcare provider may give you a **blood sugar monitoring diary** to help you track your fasting blood sugar levels and dose adjustments.

Bring your completed diary to your doctor's appointment

Comments:

Recognize the signs of hypoglycemia

Hypoglycemia (too little glucose in the blood) is one of the most frequent adverse events experienced by insulin users.

Mild to moderate

Symptoms of **mild to moderate** hypoglycemia may occur suddenly and can include:

	Abnormal behaviour (anxiety, irritability, restlessness, trouble concentrating, personality changes, mood changes, confusion or nervousness)				
	Fatigue		Headache		Pale skin
	Tingling in your hands, feet, lips or tongue		Blurred vision		Nightmares or trouble sleeping
	Tremor (shaking)		Slurred speech		Nausea
	Unsteady gait (walking)		Palpitations (rapid heartbeat)		Hunger
	Dizziness, light-headedness or drowsiness		Cold sweat		

If you experience hypoglycemia:

- Do not inject insulin. Take about 10–20 grams of sugar straight away, such as glucose, sugar cubes or a sugary drink (no artificial sweeteners or diet drinks – they do not help treat low blood sugar).
- Eat something (like bread or pasta) that will raise your blood sugar over a longer time. Ask your healthcare provider if you are unsure what you should eat. TOUJEO® is long-acting, so it may take longer to recover from low blood sugar.
- Talk to a healthcare provider straight away if you can't control the hypoglycemia or it returns.

Get emergency medical help if you have: trouble breathing, shortness of breath, fast heartbeat, swelling of your face, tongue or throat, sweating, extreme drowsiness, dizziness or confusion.

Tell your relatives, friends and close colleagues to get medical help straight away if you can't swallow or if you become unconscious.

Test your blood sugar right after taking glucose to check that you really have hypoglycemia.

Severe

Signs of **severe** hypoglycemia can include:

- Disorientation
- Convulsions
- Loss of consciousness, coma
- Seizures

Comments:

Severe hypoglycemia may require the assistance of another person

- You may require an injection of glucagon or intravenous administration of glucose by medical personnel

Call your healthcare provider if you have symptoms of hypoglycemia