



sanofi



YOUR GUIDE TO LANTUS[®]

insulin glargine 100 units/mL

This booklet is intended for people with diabetes who have been prescribed Lantus[®]

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This booklet has been designed to support you in using Lantus®. It is intended purely as a support to the advice from your doctor or nurse and does not replace the patient information leaflet. Please refer to the patient information leaflet in the pack for more information on Lantus®.

What is Lantus®?

You have been prescribed Lantus®. Lantus® is a medicine which will help you control the level of sugar in your blood throughout the day and night.

Lantus® is the brand name for a type of insulin called insulin glargine 100 units/mL, which is used to control blood sugar levels in people with diabetes. It may take a few days for your body to adjust to using Lantus®, so your doctor or nurse will help you find the right dose for you.

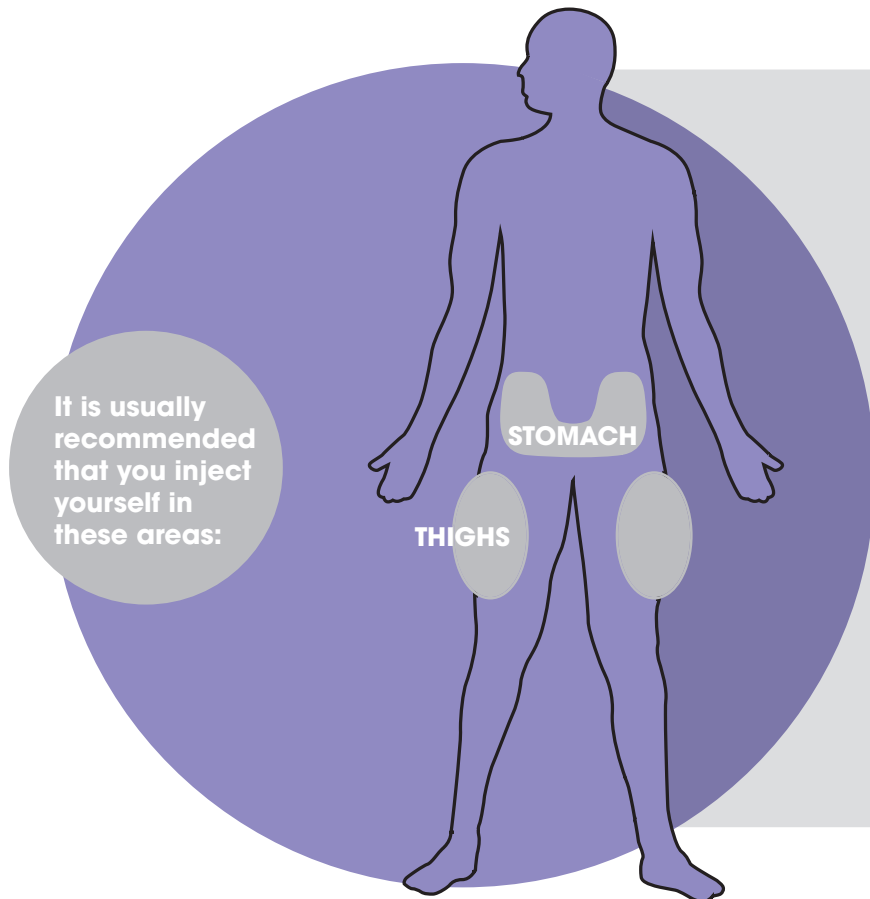
How does Lantus® work and how can it help me?

Lantus® is a treatment for people with either Type 1 or Type 2 diabetes. It is a long-acting basal (background) insulin, which means it aims to keep blood sugars at consistent levels between meals when you are not eating. In other words, it works in the background.

How do I use my insulin?

Lantus® is a clear solution which should be injected once a day. Once you have chosen the time of day for you to inject, stick to the same time each day.

Your diabetes nurse or doctor will show you how and where to inject Lantus®.



It's important to change your injection site regularly prevents skin changes at the injection site such as lumps under the skin. The insulin may not work very well if you inject into a lumpy area. Contact your doctor if you are currently injecting into a lumpy area before you start injecting in a different area. Your doctor may tell you to check your blood sugar more closely, and to adjust your insulin or your other antidiabetic medications dose.

Take care to inject into the fat layer just below the skin, not into muscle or a blood vessel. After injection, the site of injection should not be massaged.

After each injection, dispose of the needle by using a sharps disposal bin.

Use a new needle with every injection. This will make the injection more comfortable and also prevent any problems that can occur when old needles get damaged or blocked.

Use the injection method as instructed by your healthcare professional.

Using Lantus®

Lantus® is available in pre-filled disposable pens and cartridges for use with a reusable pen. Your diabetes nurse or doctor should talk to you about which of these options is suitable for you and how to use it.

The information in this section will help you keep your insulin in good condition by storing it correctly.

Check the expiry date

Before using Lantus®, always check the label to ensure you have the correct insulin and that it has not passed its expiry date. The expiry date can be found on the pen or cartridge and its outer box.

The right needle for you

Your Lantus® SoloSTAR® or cartridge device can be used with a range of small, disposable needles of different sizes. The needles are small to minimise any discomfort. Your doctor or nurse will choose the right size needle for you.

Before it is opened for the first time, Lantus® should be stored in the fridge at between 2°C and 8°C and kept in its outer packaging.

Don't let it freeze and only use it if the solution appears clear with no visible particles.

After opening, your insulin should be kept at a temperature of less than 30°C in its outer carton, out of direct light and away from sources of heat such as a radiator.

Storage

Cartridges of Lantus® can be used with an AllStar®PRO reusable pen. Before using them, Lantus® cartridges should be stored in their outer cartons in a fridge between 2°C and 8°C.

They should not be frozen and must be kept out of direct heat and light.

Before inserting the cartridge into your insulin pen, leave it at room temperature for 1-2 hours. This helps to make sure that an accurate dose is delivered. Check to make sure that the cartridge is intact and that the solution appears clear, colourless and has no visible particles in it. Do not shake or mix it before use.

When in use, don't put your pen containing a cartridge back in the fridge or leave it anywhere above 30°C. Keep it out of direct light and away from sources of heat, like a radiator. Once opened, Lantus® can only be used for 28 days. So, write the use-by date on the label to help you remember and discard the cartridge after four weeks.

AllStar®PRO pens can be obtained from your diabetes clinic.

Cartridges



Before using them for the first time, Lantus® SoloSTAR® pre-filled pens should be stored in the fridge at between 2°C and 8°C and kept in their outer packaging.

Don't freeze the pens and only use them if the solution inside is clear with no visible particles.

When you're nearly ready to start using a new pen, take it out of the fridge and allow it to warm up a little by keeping it at room temperature for 1-2 hours. This helps to make sure that an accurate dose is delivered.

When in use, don't put the Lantus® SoloSTAR® pen back in the fridge and don't leave it in a place that is warmer than 30°C. Store your pen with the cap on, away from direct heat or light.

Do not store Lantus® SoloSTAR® with the needle attached and always replace the pen cap after each use.

You can use your Lantus® SoloSTAR® for 4 weeks after first use. After this time, you must throw it away, even if there is some insulin left in it.

Replace the pen cap and dispose of the pen in the way advised by your doctor or nurse.

You can tell the pen is empty when the dose pointer has reached '0' on the dose scale and the injection button cannot be pulled out any more.

Pre-filled pens



Possible side effects and how to manage them

Like all medicines, Lantus® may cause side effects. It is important to be aware of them. For a list of the full side effects please read the Patient Information Leaflet. If you have any questions about side effects, talk to your doctor or nurse.



Skin changes at injection site

These can occur if you inject your insulin too often in the same place. Fatty tissue under the skin at the site may either shrink (lipoatrophy) or thicken (lipohypertrophy).

Lumps under the skin may also be caused by build-up of a protein called amyloid (cutaneous amyloidosis). The insulin may not work very well if you inject into a lumpy area. Change the injection site with each injection to help prevent these skin changes. See page 4.

Skin and allergic reactions at the injection site

Patients may experience reactions at, and around, the injection site (such as reddening, pain on injection, itching, hives, swelling or inflammation). Most minor reactions to Lantus® usually resolve themselves in a few days. Occasionally they may take longer.

Allergic reactions

Allergic reactions are rare with Lantus®, but it's important to know about them, just in case you do experience this. If you feel any skin reactions on your body (e.g. rash and itching), or swelling of the face, tongue or throat, contact your doctor or nurse immediately.

Hypoglycaemia

(low blood sugar)

If you are taking Lantus® there is always a chance that you might get hypoglycaemia (a "hypo"). Hypoglycaemia occurs when your blood glucose levels become too low and there is too little glucose in the blood for your body's needs. Your doctor or nurse will explain how you can recognise signs of hypoglycaemia and how to get your blood glucose levels back to the correct level.

Signs of hypoglycaemia

Early signs of hypoglycaemia may include:

- Sweating, shaking, nervousness, feeling faint, feeling hungry, palpitations

Signs of more serious hypoglycaemia may include:

- Dizziness, tiredness, headaches, confusion, lack of concentration, slurred speech, blurred vision



Treating a hypo

Eat or drink something high in glucose (approx. 15-20g), as soon as possible. This will help raise your blood glucose. The following are good sources of glucose: **Glucose tablets, fruit juice, hard sweets**

Avoid cakes, biscuits and chocolate if possible

These foods have plenty of glucose, but also a lot of fat, so they may not work as well.

If the signs of hypoglycaemia do not go away after 15-20 minutes.

Have some more glucose. Once you feel better, be sure to eat your meals as you would normally to keep your blood glucose levels up.

Sometimes you may not be able to tell that you are having a hypo. It is important that friends, family and work colleagues know what to do if you are having a hypo. You should speak to your doctor or nurse if you start to have a lot of hypos, as you may need to adjust your treatment.

Please refer to the Patient Information Leaflet accompanying your insulin for a full list of side effects.

If you have any questions about side effects, talk to your doctor, pharmacist or nurse.

Other medications and Lantus®

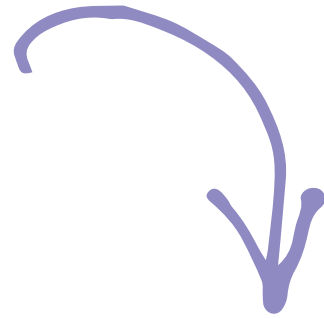
Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. Some medicines can change your blood sugar level. This may mean your insulin dose has to change. So, before taking a medicine ask your doctor if it will affect your blood sugar and what action, if any, you need to take. You also need to be careful when you stop taking a medicine.

You may also need to inject a short-acting insulin at mealtimes. If so, it is very important that you do not mix your insulin solutions together.

As Lantus® and short-acting insulins are both clear in colour and may look a bit similar, it is essential to make sure that you're using the correct insulin at each injection.



My diabetes team





Diabetes Consultant

 Name:

 Telephone:

Diabetes Specialist Nurse

 Name:

 Telephone:

Doctor (GP)

 Name:

 Telephone:

Practice Nurse

 Name:


 Telephone:

Pharmacist

 Name:

 Telephone:

Other

 Name:

 Telephone:

Treatment information

 Insulin type (breakfast):

 Insulin type (lunch):

 Insulin type (dinner):

 Insulin type (bedtime):

 Other diabetes medication:

Dose:

 Other diabetes medication:

Dose:

 Other medication:

Dose:

 Other medication:

Dose:



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Reporting of side effects: If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly at www.hpra.ie; email: medsafety@hpra.ie

By reporting side effects you can help provide more information on the safety of this medicine.

Reporting of product technical complaints: If you are aware of any product quality issues, please report them to the company as soon as possible by calling the Sanofi Diabetes care-line 1800 946 677 or emailing IE-ProductQualityComplaints@sanofi.com

Sanofi Diabetes care-line:

1800 946 677



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