

PATIENT INFORMATION



Lantus

We have written this leaflet for those of you who have diabetes and who have been prescribed Lantus by your doctor. The primary goal of all diabetes treatment is to achieve as normal a blood glucose level as is possible, while at the same time feeling well.

Never hesitate to contact your nurse or doctor if you are unsure about any aspect of your diabetes treatment.

# Why do I need a basal insulin?

Once you have eaten, the food is converted into various substances including glucose. As a result, the level of glucose in your blood increases and so the body requires more insulin. The body also requires insulin between meals and at nights, though at a low and steady level.

Insulin is a hormone that helps the body to regulate the level of glucose in the blood.

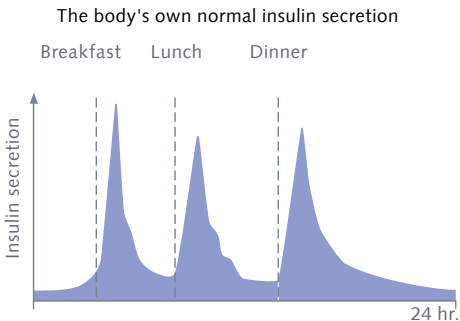
Basal insulin helps the body to maintain a steady level of insulin around the clock.

## Too high, too low or normal blood glucose level

If the level of glucose in the blood is too high or too low, this may result in problems. For example, long periods of high blood glucose levels can cause damage to some of the body's organs. If the blood glucose level falls too low, the body does not get enough energy. This could be for example because you have not eaten enough, you have done more exercise than usual, or you have taken too high a dose of insulin.

You might experience this in various ways. It is usually noticeable in the form of difficulty concentrating, perspiring, tiredness, irritation or feeling hungry. This is called hypoglycaemia.

Your doctor or nurse can tell you what you should do if you have hypoglycaemia. You must always take action if you have hypoglycaemia.



# Different types of insulin

Insulin is categorised into different types based on how quickly the effect starts and how long it lasts. Insulin is divided into mealtime and basal insulin. There is also insulin that is a mixture of long- and short-acting insulin. These are referred to as premixed insulin.

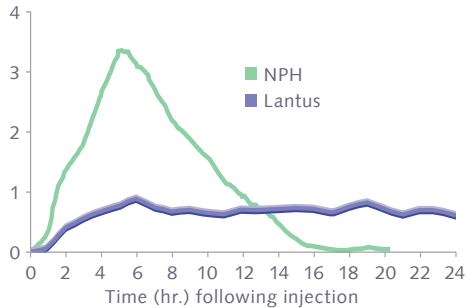
Lantus is an only long-acting basal insulin that is released slowly from the injection site into the blood to provide a steady reduction in blood glucose for up to 24 hours.

Lantus's slow release produces a smooth insulin profile without any peaks between mealtimes and at nights, thus reducing the risk of hypoglycaemia.

You only need to take Lantus once a day. It does not matter when you take it, as long as it is at the same time each day.

If you have a very low insulin production, or none at all, you might also need insulin at mealtimes. Together with a fast-acting insulin, Lantus allows you to live with your diabetes both securely and comfortably.

Amount of glucose required (mg/kg/min) showing the action of the insulin



The graph shows that Lantus produces a level profile throughout the day without any peaks, compared with NPH insulin.

# Before injecting Lantus

When you are starting on a new cartridge or a pre-filled pen, take it out of the refrigerator one or two hours before injection. Check that the insulin in the cartridge or the pre-filled pen is clear (colourless, transparent and free from any visible solid particles). If the insulin is cloudy, throw away the cartridge or pre-filled pen and get a new one.

Follow the pen manufacturer's instructions when inserting a Lantus cartridge in your pen. Always use a new needle when injecting Lantus.

## **Lantus must be stored properly**

Cartridges or pre-filled pens in unbroken packaging must be kept in a refrigerator at 2-8 °C. Lantus must not be frozen. It must not be in direct contact with the freezer compartment or freezer packs. Lantus that is in use must be stored at no more than 25 °C and protected from the cold. If there is any insulin left after 4 weeks' use, the cartridge or pre-filled pen must be discarded. It may be useful to write down the date when you inserted a cartridge or started using a new pre-filled pen.

## **Checking your fasting blood sugar**

It is important that you are familiar with your fasting blood glucose. These values provide you with the information you need in order to titrate Lantus together with your doctor or nurse. It might be useful to use your Diabetes Diary in order to keep track of your blood glucose values and insulin doses.

Your doctor or nurse can give you information and advice on how to adjust the dose relative to your blood glucose value in order to achieve simple and safe control of your blood glucose.

# How to take Lantus

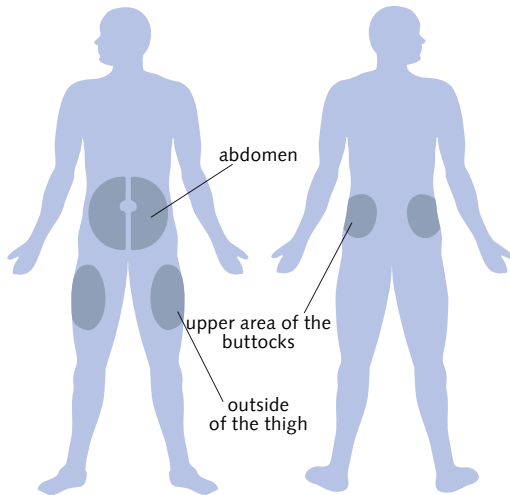
Your doctor or nurse can provide you with information about where on the body to inject Lantus and what injection schedule to use.

For practical reasons, it is most common to inject basal insulin in the abdomen. With Lantus the injection site can be varied. Select between the following sites:

You can take Lantus at any time of the day, but it is important that you take it at the same time each day.

The dose you need to take will depend on your lifestyle, the results of blood sugar tests and any previous insulin usage. If you switch from another insulin to Lantus, your dosage may have to be adjusted.

Carefully follow your doctor's instructions on how to inject insulin and what doses of Lantus are right for you.



# Insulin pens



SoloSTAR is a pre-filled insulin pen where the dose is adjusted in steps of 1 unit. The maximum dose is 80 units per injection.



OptiSet is a pre-filled insulin pen where the dose is adjusted in steps of 2 units. The maximum dose is 40 units per injection.



ClikSTAR is an insulin pen that is charged with ampoules. It is available in silver and blue. The dose can be adjusted in steps of 1 unit. The maximum dose is 80 units per injection.

Further information about all our insulin pens can be found at [www.insulin.se](http://www.insulin.se).



Lantus® (insulin glargine) B<sub>x</sub>, F, 100 units/ml injection fluid is a long-acting insulin analogue. Indications: Treatment of adults, young people and children from 6 years upwards with diabetes mellitus, where insulin is required. Warning: Lantus must not be used for treatment of diabetic ketoacidosis. Packs: Lantus SoloStar 5x3 ml, Lantus OptiSet 5x3 ml, cylinder ampoules 5x3 ml and injection vial 10 ml. For further information and the latest pricing, see [www.fass.se](http://www.fass.se). Date of last revision 04-11-2009.

Lantus is part of pharmaceutical benefits to all patients with type 1 diabetes and in patients with type 2 diabetes, in which any insulin therapy is not sufficient to achieve the treatment goal because of repeated hypoglycemia.

For questions about

020-52 68 87

0 2 0 L A N T U S

You can find more information about diabetes at [www.insulin.se](http://www.insulin.se)

You can also read about different insulins at [www.fass.se](http://www.fass.se)

For further information about Lantus, see the package leaflet

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