

# Adding Lantus<sup>®</sup> to your Type 2 diabetes treatment

This information is intended only for patients who have been prescribed Lantus.

## Putting you in the picture

You may feel as though there is a lot of new information to take in – but there are people to help you:

<b>Diabetes nurse</b>	The first person for you to ask if you have any questions
<b>Diabetes doctor</b>	Can help if you have concerns or want to discuss your diabetes treatment
<b>Dietician</b>	Suggests ideas and gives you information about meals and foods
<b>Chiropodist</b>	Gives advice on how to look after your feet
<b>Pharmacist</b>	Can give you advice on your prescribed medication
<b>Community nurse</b>	Visits you at home if you are ill or cannot get out

This guide aims to answer some of your questions about your new insulin. However, it is intended purely as a support to the advice of your doctor or diabetes nurse. If you are worried about anything at all, please let them know and they will be able to help.

## Your treatment

Diabetes control changes with time, so treatment that works to begin with may need to be changed after a while to keep your blood glucose levels controlled.

### Keeping Type 2 diabetes under control

**STEP 1 – Changing what you eat, becoming more active**

**STEP 2 – Add tablets**

**STEP 3 – Add insulin**

or

**STEP 1 – Changing what you eat, becoming more active, tablets**

**STEP 2 – Add insulin**

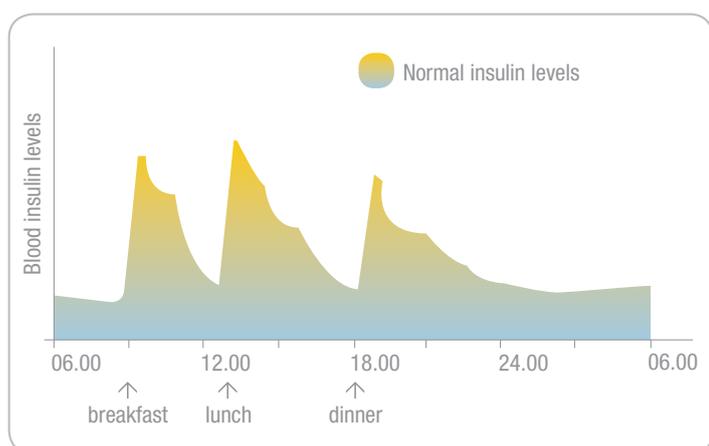
**STEP 3 – Increase your insulin dose**

Not everyone starts at the same point when they are diagnosed. Some people may be able to control their blood glucose at first by changing their eating habits. Others may take tablets.

**It is normal for diabetes treatment to change with time to keep your blood glucose under control.**

## How does insulin work?

Every cell in your body needs energy for it to work and we use food as the source of this energy.



As food is digested, some of it is broken down into a sugar called glucose which can then be used for energy. In a person without diabetes, insulin is released from the pancreas to help remove the excess glucose from the blood and store it for future use in muscle and fat.

These 'bursts' of insulin correspond with the wave peaks on the chart above. When blood glucose levels fall, the level of insulin also falls to what is known as a 'basal' level (for example, during exercise). So, insulin accurately controls the amount of glucose in the blood.

## What is Lantus?

Your new treatment is a long-acting insulin that works continuously, day and night, for 24 hours. This is sometimes known as 'peakless' insulin because the insulin level does not go up and down sharply.

Lantus (also called insulin glargine) helps you to control your blood glucose level between meals by copying the background, or basal, level of insulin produced by the pancreas.

**Lantus is a long-acting insulin that works for 24 hours.**

## What is good control?

If you haven't been shown how to check your blood glucose level yet, ask your diabetes nurse or doctor to show you how. A level of between 4 and 7 millimoles (4-7mmol/L) of glucose per litre of blood before meals means your blood glucose is under good control. A level below 4mmol/L may make you feel unwell – this is known as hypoglycaemia or a 'hypo'. A level above 8.5mmol/L two hours after a meal is too high and is called hyperglycaemia. If hyperglycaemia is allowed to continue, or if you have too many bouts of high blood glucose, this can cause health problems in the long term, such as problems with your eyes, feet, heart or kidneys.

You may find it helpful to record your test results in a notebook or diary – your diabetes nurse or doctor can give you one of these.

**Good blood glucose control**

**Between 4 and 7mmol/L**

**Low blood glucose – risk of a 'hypo'**

**Below 4mmol/L**

## How do I use my insulin?

Your diabetes nurse or doctor will have told you how much insulin to take at first. This might be referred to as your starting dose.

**Your starting dose of Lantus is \_\_\_\_\_ units per day.**

You may find that you will need to change this dose, until you find the level that is right for you. Your diabetes nurse or doctor will talk to you about this.

Remember to inject Lantus once every day.

You can choose a time to inject that is convenient for you but keep to the same time each day because this will help maintain a constant level in your blood.

Have a look to make sure that the solution is clear.

You can inject insulin in different places – such as your tummy region, the tops of your arms and legs or your buttocks.

It's important to change your injection site regularly to allow your skin time to recover. Take care to inject into the fat layer just below the skin, not into muscle or a blood vessel, and don't rub the site afterwards as this may cause bruising.

Your diabetes nurse or doctor will show you how and where to inject your insulin.

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

## Looking after Lantus

Please follow the storage instructions for Lantus carefully.

### Before opening

Keep your insulin in the fridge (2°C-8°C).

Don't let the insulin container or pen freeze. Keep it away from the freezer compartment or freezer packs.

### After opening

Allow the insulin to warm up a little for an hour or two before using it and then keep it at room temperature (but not above 25°C). Once opened, don't put insulin back in the fridge. Keep the insulin away from direct sunlight or sources of heat such as radiators.

## Helpful words

<b>Background insulin</b>	Continuous insulin level, normally produced by the pancreas
<b>Basal insulin</b>	Long-acting insulin, resembling the continuous insulin normally produced by the pancreas
<b>Blood glucose level</b>	The amount of sugar (glucose) in your blood
<b>Chiropodist</b>	Member of the medical profession who looks after feet (sometimes known as a podiatrist)
<b>Dietician</b>	Someone who gives advice about foods and eating
<b>Hyperglycaemia</b>	High blood glucose
<b>Hypoglycaemia</b>	Low blood glucose, also called a 'hypo'
<b>Insulin</b>	Produced during digestion, to lower blood glucose
<b>Lantus</b>	Long-acting, injectable form of insulin that works for 24 hours
<b>Long-acting insulin</b>	Insulin that carries on working – for 24 hours in the case of Lantus
<b>Pancreas</b>	Part of the digestive system that produces insulin
<b>Peakless</b>	Steady and continuous – with no sharp ups and downs
<b>Starting dose</b>	The dose you take at first

## My contacts

Diabetes nurse

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Diabetes specialist doctor

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

GP

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Dietician

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Chiropodist/Podiatrist

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Community nurse

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Pharmacist

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Other

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

## Some more contacts you might find useful

### Diabetes UK

[www.diabetes.org.uk](http://www.diabetes.org.uk)

Tel: 0845 120 2960

### Driving with diabetes

DVLA

[www.gov.uk/diabetes-driving](http://www.gov.uk/diabetes-driving)

Tel: 0300 790 6806

### Healthy living

NHS support in giving up smoking

[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)

Tel: 0800 022 4332

This fact sheet is part of a series that helps to provide information about diabetes. Each of these sheets can be downloaded from [www.diabetismatters.co.uk](http://www.diabetismatters.co.uk) and pre-printed booklets may be ordered from the website, or your doctor or nurse might have copies to give to you.

#### 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 via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of this medicine.

[www.diabetismatters.co.uk](http://www.diabetismatters.co.uk)

Freephone 24-hour Sanofi Diabetes care-line

**08000 35 25 25**

Sanofi, One Onslow Street, Guildford, Surrey GU1 4YS