

About Insuman[®] Basal

This booklet is intended only for patients who have been prescribed Insuman.

Putting you in the picture

Your doctor has decided to prescribe Insuman Basal which is just like insulin made in the human body.

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

What is Insuman Basal and why do I need it?

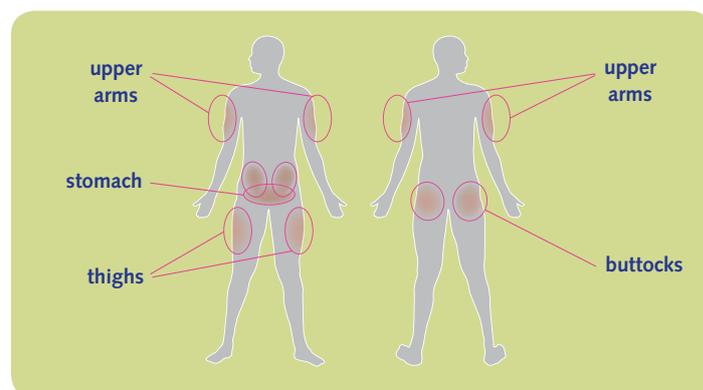
Insuman Basal is an insulin that is slowly released into your bloodstream after it has been injected, which means that it lasts for quite a long time, up to 20 hours. This fairly constant, low-level supply of insulin helps to control your blood glucose (sugar) between meals. It's a bit like the background or 'basal' level of insulin normally produced by the pancreas. The relatively slow release of Insuman Basal means that insulin levels in your blood should not get too high between meals or during the night. This is important because, if insulin levels are too high at these times, you are at risk of having a 'hypo' (hypoglycaemia or low blood glucose).

How do I use my insulin?

Insuman Basal is a cloudy/milky solution which you should inject 45–60 minutes before you eat a meal.

Make sure you are using the correct insulin each time you inject. You will need to mix/shake Insuman Basal before injecting. Mixing is best done by gently tilting the insulin pen or vial back and forth at least 10 times. You may also need to inject a rapid-acting insulin at mealtimes, to keep good control of your blood glucose (sugar).

Your diabetes nurse or doctor will talk to you about the correct amount of insulin to use and how to inject it. There are several areas on the body where Insuman Basal can be injected:



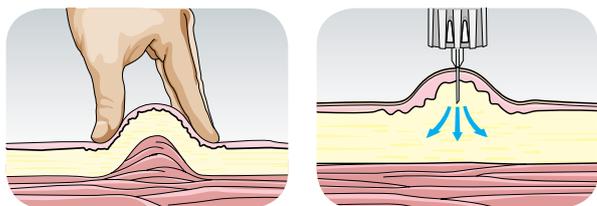
Before injecting, make sure the injection site and your hands are clean.

Assuming you're using a pen device, attach a new needle and prime the pen. To do this: hold it upright with the needle pointing straight up, tap it to help any air bubbles rise to the top and do an 'air shot'. You know it's primed when you can see a drop at the needle tip.

Dial up the correct dose of insulin by twisting the end of the pen while looking at the scale which is marked in units of insulin.

At the chosen injection site, gently pinch a fold of skin with a little of the underlying fat layer.

Try not to pinch too much or you could include muscle in the skin fold or too little as this would make it difficult to inject.



Insert the needle at right angles through the skin in a quick, smooth movement without letting go of the skin fold and inject the insulin slowly by pressing the thumb button down.

Leave the needle in the skin fold for at least ten seconds after the thumb button has been fully depressed, then withdraw the needle from the skin and release the fold of skin. Finally, remove the needle and dispose of it in a sharps bin.

Remember to change your injection site regularly to allow your skin time to recover.

How should I look after my insulin?

Insuman Basal is available in vials, cartridges and pre-filled pens. Your diabetes nurse or doctor will talk to you about which option is best for you and how to use it. Following the information in this section will help keep your insulin in good condition by storing it correctly.

Pre-filled pens

SoloSTAR® is a disposable pen device which contains 'units' of insulin, ready for use.

Your pens should be kept in their outer carton in cool storage, such as a fridge, until they're used for the first time. It's important not to let them freeze as this will damage the insulin. Store them away from the freezer compartment and away from any freezer packs.

When you take a new pen from the fridge, allow it to warm up for 1-2 hours before using it. Once you've taken a pen out of the fridge, it can be used for up to 28 days. During this time, it can be stored at room temperature but no higher than 25°C. It's important that you do not put it back in the fridge once you have started using it. And make sure it's not left anywhere it might overheat such as a windowsill or in a car in direct sunlight.

After 28 days, discard the pen you're using, even if it still contains some insulin, and start using a new pen. Do not use pens after the expiry date printed on the pen label or carton.



Important Information

Cartridges

Insuman Basal is available in cartridges, each containing 3ml of solution for use in ClikSTAR® or Autopen® 24* reusable pen device. Before use, insulin 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 to warm up a little. Check to make sure it is intact and that the solution appears cloudy or milky.



When in use, insulin cartridges should not be stored in the fridge or above 25°C. The cartridges should only be used for up to 28 days after opening. So, write the use-by date on the label to help you remember, and discard any insulin remaining in the cartridge after four weeks.

For further information regarding the insulin cartridges, please see the leaflet that's included in the box.

Vials

The glass vials contain 5ml of solution and are for use with insulin syringes.

Keep new, unopened vials in their packaging and store them in a fridge between 2°C and 8°C. Avoid freezing and keep out of direct heat and light. If a vial freezes or overheats, don't use it and throw it away. The insulin should appear cloudy or milky.

After opening, your insulin should be kept under 25°C in its outer carton, preferably still in the fridge. Once opened, the vials should be used within 28 days. So, write the use-by date on the label to help you remember, and discard the vial after four weeks.

*Sanofi no longer distributes the Autopen 24. However this pen continues to be supplied by Owen Mumford. Patients can continue to utilise the Autopen 24 with ClikSTAR cartridges.

Some more contacts you might find useful

Diabetes UK

www.diabetes.org.uk
Tel: 0845 120 2960

Driving with diabetes

DVLA
www.gov.uk/diabetes-driving
Tel: 0300 790 6806

Healthy living

NHS support in giving up smoking
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 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. By reporting side effects you can help provide more information on the safety of this medicine.

www.diabetismatters.co.uk

Freephone 24-hour Sanofi Diabetes care-line

08000 35 25 25

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