

## About Insuman<sup>®</sup> Comb 50

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

### Putting you in the picture

Your doctor has decided to prescribe Insuman Comb 50 (also called Insulin human) 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.

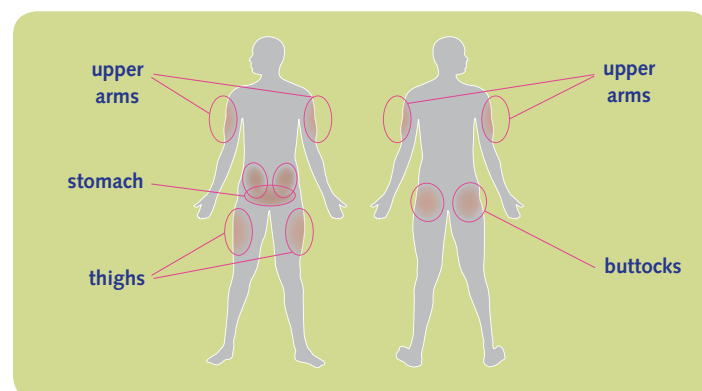
### What is Insuman Comb 50 and why do I need it?

Insuman Comb 50 is a 'premixed' insulin which contains two different types of insulin mixed together. Half of the mixture is a gradual onset insulin which helps regulate glucose (sugar) levels in the blood when they increase after eating a meal. The remaining half of the insulin mix is slowly released into your bloodstream after it has been injected, which means that it lasts for quite a long time, up to 16 hours. This fairly constant, low-level supply of insulin helps to control your blood glucose between meals. The combined effect of the fast- and longer-acting types of insulin is designed to mimic the way the pancreas naturally produces insulin in a person who does not have diabetes.

### How do I use my insulin?

Insuman Comb 50 is a cloudy/milky solution that should be injected 20–30 minutes before a meal. Make sure you are using the correct insulin each time you inject. You will need to mix/shake Insuman Comb 50 before injecting it. Mixing is best done by gently tilting the insulin pen back and forth at least 10 times. Insuman Comb 50 should not be mixed together with other insulins.

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 Comb 50 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.

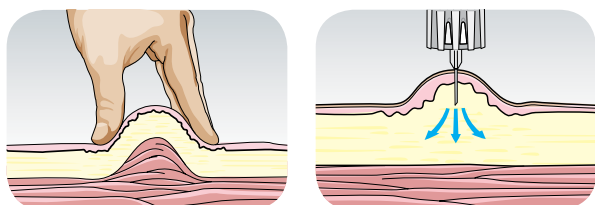
Dial up the correct dose of insulin by twisting the end of the pen while looking at the scale which is marked in units of insulin.

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

## Important Information



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 Comb 50 is available in cartridges each containing 3ml of solution for use in a ClikSTAR® or Autopen® 24\* reusable pen device. Your diabetes nurse or doctor will talk to you about how to use your pen. Following the information in this section will help keep your insulin in good condition by storing it correctly.

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.



\*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](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.diabetesmatters.co.uk](http://www.diabetesmatters.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.diabetesmatters.co.uk](http://www.diabetesmatters.co.uk)

Freephone 24-hour Sanofi Diabetes care-line

**08000 35 25 25**

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