

# What is Lantus®?

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

## Putting you in the picture

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 Lantus?

Lantus (also called insulin glargine) is a long-acting insulin which has a 24-hour 'peakless' profile. It works by slowly releasing insulin into your body over a whole day and night. This produces a constant level of insulin that helps to control your blood sugar (glucose) between meals. It's a bit like the background or basal level of insulin that would normally be produced by the pancreas of someone who does not have diabetes.

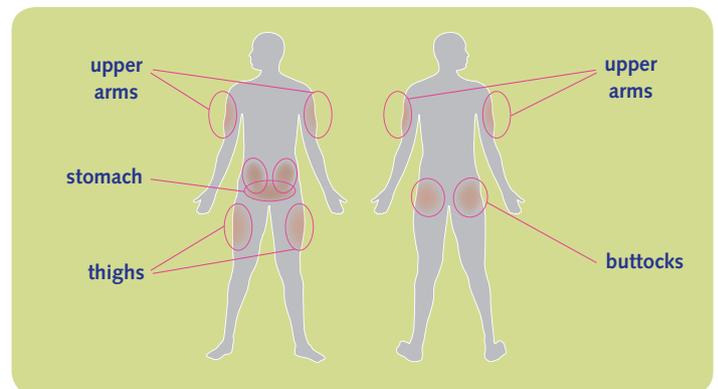
The slow release of Lantus means that insulin levels in the blood should not get too high between meals or during the night. This is important because, if insulin levels are too high at these times, you are at risk of having a 'hypo' (hypoglycaemia or low blood glucose).

## How do I use my insulin?

Lantus is a clear solution which should be injected once a day. Once you have chosen the best time of day for you to inject, stick to the same time each day. You may also need to inject a short-acting insulin at meal-times. If so, it is very important that you do not mix your insulin solutions together.

As Lantus and short-acting insulins are both clear, and therefore may look a bit similar, it's also essential to make sure that you're using the correct insulin at each injection. Your diabetes nurse or doctor will show you how and where to inject Lantus. Lantus must not be mixed with any other Insulin or diluted, as this can change its time/action profile and mixing can cause precipitation.

It is usually recommended that you inject yourself in these areas:



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

### How should I store my insulin?

Lantus is available in vials, 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 best for you and how best to use it.

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

#### Vials

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 25°C in its outer carton, out of direct sunlight and away from sources of heat such as a radiator.

Once opened, the vials can only be used for 28 days. So, write the use-by date on the label to help you remember and discard the vial after four weeks.

#### Cartridges

Cartridges of Lantus can be used with a KlikSTAR® or AutoPen24®\* 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 to warm up a little. 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 with no visible particles.

When in use, don't put your pen containing a cartridge back in the fridge or leave it anywhere above 25°C. Keep it out of direct sunlight 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.

KlikSTAR pens can be obtained from your diabetes clinic.

#### Pre-filled pens

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.

\*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 ClickSTAR cartridges.

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 25°C. It should be kept out of direct sunlight and away from sources of heat such as a radiator.

Lantus should be used within four weeks of opening, so it is useful to write the date of opening or the use-by date on the label. Discard any insulin remaining and dispose of the SoloSTAR pen after four weeks from opening.

### Review your knowledge

When you first discuss your new treatment, there is a lot of new information to take in. Your diabetes nurse or doctor is there to help so do not be afraid to ask questions. Remember – the better your understanding, the easier it will be to manage your diabetes.

Try answering the following questions. This will let you know if there is anything you do not understand. The answers can all be found in this fact sheet.

**What type of insulin is Lantus?**

**Where should you inject Lantus?**

**What colour is the Lantus solution?**

**How should you store Lantus when in use?**

### How did you get on?

Jot down any queries and raise them with your diabetes nurse or doctor next time you speak with them.

## 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.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