

What is Apidra®?

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

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 Apidra?

Apidra, which is also called insulin glulisine, is a rapid-acting type of insulin.

It can be taken just before or soon after a meal to help regulate sugar (glucose) levels in the body.

As blood glucose levels rise after eating a meal, the pancreas normally produces a fast-acting 'burst' of insulin to bring blood glucose levels back to normal.

Apidra gets to work quickly but only for a short time to mimic this insulin burst. Insulins that are made in this way are known as 'mealtime' or 'prandial' insulins.

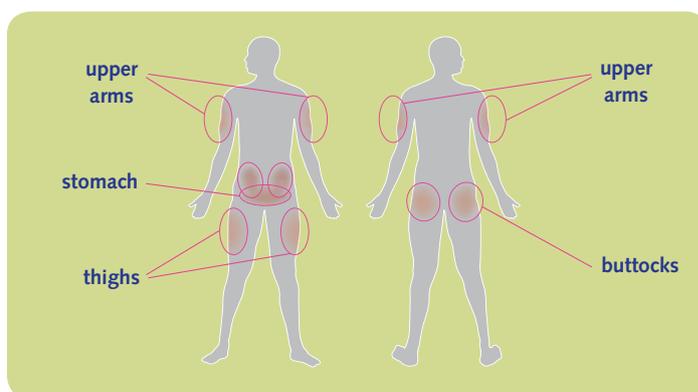
How do I use my insulin?

Apidra is a clear solution that should be injected less than 15 minutes before eating a meal or soon after a meal. It's possible that you will also need to inject a basal insulin once or twice a day, to maintain glucose control. Apidra can be mixed with an NPH insulin only when it is intended to inject it under the skin, but should not be mixed with other basal insulins which must be taken separately.

It is essential to check that you are using the correct insulin every time you inject.

Your diabetes nurse or doctor will talk to you about how and where to inject your insulin. They will help adjust the dose to suit your needs.

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.

How should I store my insulin?

Apidra is available in vials, pre-filled disposable pens and cartridges for use with a re-usable pen. Your diabetes nurse or doctor should talk to you about which of these options is right 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

The glass vials contain 10ml of solution and are for use with insulin syringes.

When you receive your new vials, keep them in their packaging and store them unopened in the fridge at between 2°C and 8°C. Apidra should not be frozen and must be kept out of direct heat and light. If a vial freezes or overheats, throw it away. When you look at the solution in the vial, it should be clear and colourless with no visible particles.

After opening, your insulin should be kept at a temperature of less than 25°C in its outer carton, preferably still in the fridge.

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

Cartridges

Cartridges of Apidra can be used with KlikSTAR® or Autopen® 24* reusable pen.



*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 KlikSTAR cartridges.

Before using for the first time, Apidra 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 a cartridge into your insulin pen, leave it at room temperature for an hour or two to warm up a little. Check to make sure that the cartridge is intact and that the solution appears clear with no solid particles.

When in use, don't put your pen containing a cartridge back in the fridge or leave it anywhere above 25°C but keep them in their outer cartons to protect them from light. Once opened, your insulin can only be used for up to 28 days. So, write the use-by date on the label to help you remember and discard any remaining insulin in the cartridge after four weeks.

KlikSTAR pens can be obtained from your diabetes clinic.

Pre-filled pens

SoloSTAR® disposable pens contain 'units' of Apidra insulin, ready for use. Before using them for the first time, store your pens in their outer cartons in a cool place, such as in the fridge. Freezing will damage the insulin so keep them away from the freezer compartment or any freezer packs.



Important Information



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

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.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. By reporting side effects you can help provide more information on the safety of this medicine.

www.diabetesmatters.co.uk

Freephone 24-hour Sanofi Diabetes care-line

08000 35 25 25

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