



# Your guide to APIDRA<sup>®</sup>

insulin glulisine 100 units/mL

This booklet is intended for adults with diabetes who have been prescribed Apidra.  
This booklet has been written and produced by Sanofi.

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This booklet has been designed to support you in using Apidra. It is intended purely as a support to the advice from your doctor or nurse and does not replace the patient information leaflet, so please read that leaflet alongside this booklet.

# What is Apidra?

You have been prescribed Apidra. Apidra is a medicine which will help you control the level of sugar in your blood at mealtimes.

Apidra is the brand name for Insulin Glulisine 100 units/mL which is a rapid acting type of insulin. It can be taken just before (0-15 minutes) or soon after a meal to help regulate sugar (glucose) levels in the body for people with either Type 1 or Type 2 diabetes.

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.



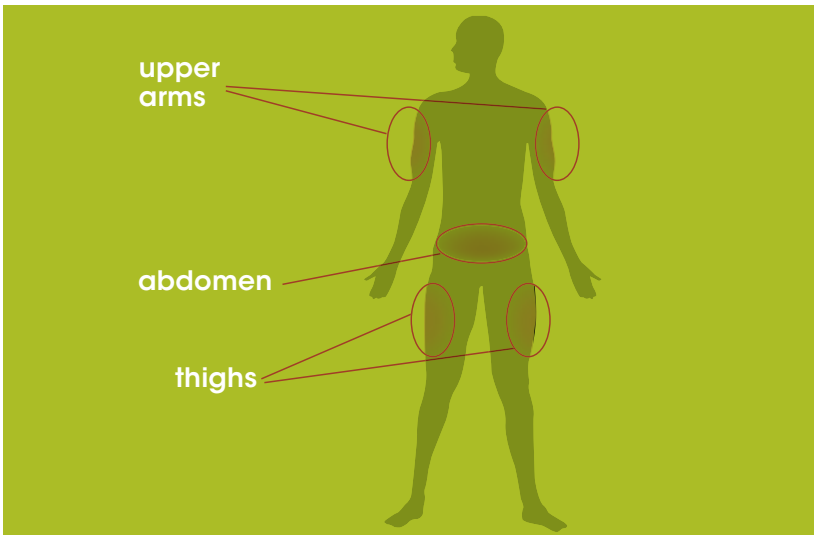


# How do I use my insulin?

Apidra is a clear solution that should be injected less than 15 minutes before eating a meal or soon after a meal.

It 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.

# Using Apidra

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 to use it.

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

## Check the expiry date

Before using Apidra, always check the label to ensure you have the correct insulin and that it has not passed its expiry date. The expiry date can be found on the pen, cartridge or vial and its outer box.

## The right needle for you

Your SoloSTAR or cartridge device can be used with a range of disposable needles of different sizes. The needles are small to minimize any discomfort. Your doctor or nurse will choose the right size needle for you.

## 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 and in its outer carton to protect it from light.

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

The cartridges contain 3ml of solution and can be inserted into AllStar®PRO or Autopen® 24\* reusable pen.

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 carton 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.

AllStar®PRO 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 carton 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.

When you take a new pen from the fridge, leave it at room temperature for an hour or two for it to warm up a little before using it. Once you've taken a pen out of the fridge for use, or as a spare, it can be used for 28 days. During this time, don't put it back into the fridge; keep it at room temperature but no warmer than 25°C. Remember not to leave it anywhere it might overheat and make sure it's protected from light.

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





# Possible side effects and how to manage them

Like all medicines, Apidra may cause some side effects. It is important to be aware of them. For a list of the full side effects please read the Patient Information Leaflet. If you have any questions about side effects, talk to your doctor or nurse.

## Possible side effects

### Hypoglycaemia (low blood sugar)

If you are taking Apidra there is always a chance that you might get hypoglycaemia (a "hypo"). Hypoglycaemia occurs when your blood glucose levels become too low and there is too little glucose in the blood for your body's needs.

Your doctor or nurse will explain how you can recognise signs of hypoglycaemia and ways to get your blood glucose levels back to the correct level (see next page for more information).

### Skin changes at injection site

These can occur if you inject your insulin too often in the same place. Fatty tissue under the skin at the site may either shrink or thicken. Changing the injection site with each injection may help to prevent such skin changes.

### Skin and allergic reactions at the injection site

Patients may experience reactions at, and around, the injection site (such as reddening, pain on injection, itching, hives, swelling or inflammation). Most minor reactions to Apidra usually resolve themselves in a few days. Occasionally they may take longer.

### Allergic reactions

Allergic reactions are rare with Apidra, but it's important to know about them, just in case you do experience this. If you feel any skin reactions on your body (e.g. rash and itching), or swelling of the face, tongue or throat, contact your doctor or nurse immediately.



## Signs of hypoglycaemia

These may include:

- Sweating, shaking, nervousness, feeling faint, feeling hungry, palpitations

If you notice any of these signs, it is important for you to discuss this with your doctor or nurse and always refer to the advice given by them.

## What to do if you recognise any hypoglycaemia signs?

Eat or drink something high in sugar, as soon as possible. This will help raise your blood glucose. The following are good sources of sugar:

- Glucose tablets, fruit juice, hard sweets

### **Avoid cakes, biscuits and chocolate if possible**

These foods have plenty of sugar, but also a lot of fat, so they may not work as well.

### **If the signs of hypoglycaemia do not go away after 15–20 minutes**

Have some more sugar. Once you feel better, be sure to eat your meals as you would normally to keep your blood glucose levels up.

## Signs of more serious hypoglycaemia

These may include the following:

- Dizziness, tiredness, headaches, confusion, lack of concentration, slurred speech, blurred vision or behaviour that could be mistaken for drunkenness

If you notice any of these more serious signs, seek medical assistance immediately.

## Other medications and Apidra

Tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. Some medicines can change your blood sugar level. This may mean your insulin dose has to change. So, before taking a medicine ask your doctor if it will affect your blood sugar and what action, if any, you need to take. You also need to be careful when you stop taking a medicine.





## Some contacts you might find useful

### **Diabetes UK**

[www.diabetes.org.uk](http://www.diabetes.org.uk)  
Tel: 0345 123 2399

### **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: 0300 123 1044

# 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

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**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 [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk) or to Sanofi by phoning **0800 0902314**.

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

Freephone 24-hour Sanofi Diabetes Care Line: **08000 35 25 25**  
410 Thames Valley Park Drive, Reading, Berkshire, RG6 1PT, UK