

A step-by-step
user guide
for patients



Introducing **INSUMAN[®]** **BASAL SoloStar[®]**

Prefilled pen with
insulin human 100 units/mL

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Information for patients who have
been prescribed Insuman Basal
in a SoloStar pen device.

This booklet has been written and produced by Sanofi

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This guide gives you information to help you start using your Insuman Basal SoloStar.

About Insuman Basal SoloStar

This booklet provides a step-by-step guide on the use and storage of Insuman Basal SoloStar. However, it is not a replacement for the patient information leaflet inside the pack. Always read the full instructions before using Insuman Basal SoloSTAR for the first time. If you are worried about anything at all, please let your diabetes nurse or doctor know and they will be able to help.

Insuman Basal SoloStar, which is also called insulin human, is a long-acting insulin that is slowly released into your body and lasts between 11-20 hours.

Insuman Basal SoloStar is a disposable injection device that resembles a pen and is pre-filled with insulin. The pen contains 300 units of insulin. You can dial up doses from 1 to 80 units in steps of one unit and view the number of units through the clear window on the pen.



Your Insuman Basal SoloStar

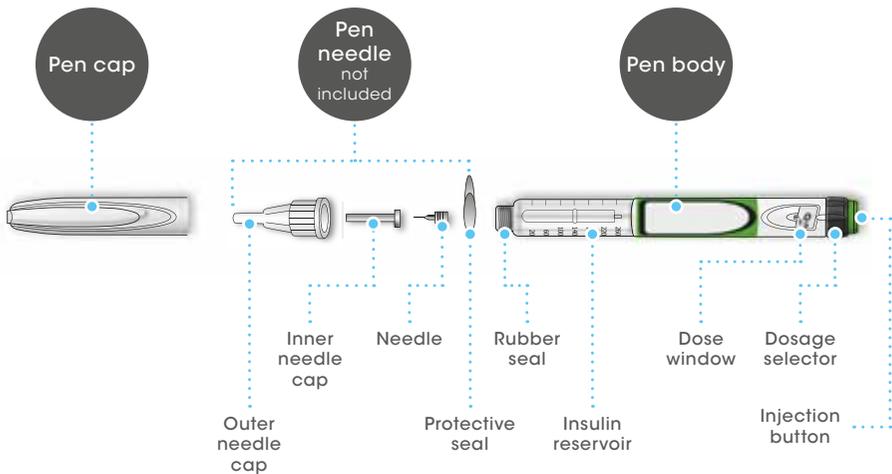
When the pen runs out, you should carefully dispose of it and start using a new pen.

Basic pen information

- Allows you to adjust your dose in 1 unit increments
- Delivers a maximum of 80 units per injection
- Each new pen contains a total of 300 units of insulin
- Each new pen, once opened, can be used for up to 4 weeks

Your doctor or nurse will help you find the correct dose for you.

An introduction to the main parts of the Insuman Basal SoloStar pen



Always keep at least one spare pen in case your current pen is lost or damaged.

Before you use Insuman Basal SoloStar

- A Check to make sure you have the correct insulin.**
- The Insuman Basal SoloStar is white with a green injection button.
- B Mix the insulin well before each injection.**
- Mixing is best done by gently tilting the pen back and forth at least 10 times.
- C Make sure your insulin is milky-white in appearance, not clear.**
- Take off the pen cap and look at the insulin in the reservoir. The insulin should look cloudy.
 - Do not use the pen if the insulin is clear or coloured.

Notes on needles

Insuman Basal SoloStar is compatible with Unifine, Ypsomed and BD needles.

Your diabetes nurse or doctor will advise you on the needle length that's right for you.

Do's and don'ts before using your Insuman Basal SoloStar

- ✓ Always wash your hands beforehand
- ✓ Always use pens that are within the 'use by' date on the pack
- ✓ Always check the label
- ✓ Always perform a safety test before you inject
- ✓ Clean the injection site
- ✗ Never use the pen if it is damaged or not working properly
- ✗ Never share your pen



How to use your Insuman Basal SoloStar

Follow these 5 steps

Step 1

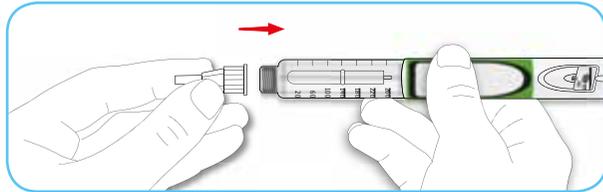
Attach the needle

- a** Remove the protective seal from a new needle.

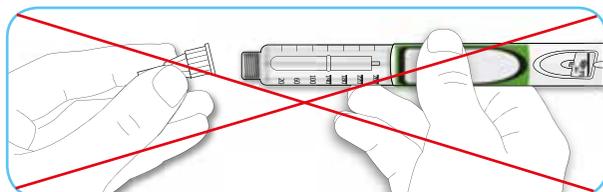
Use a new sterile needle for each injection, to prevent contamination and blocked needles.

- b** Line up the needle with the pen.

Keep the needle straight as you attach it (screw or push on, depending on the type of needle). Make sure the needle is firmly attached.



If the needle is not kept straight while you attach it, it can damage the rubber seal and cause leakage, or break the needle.

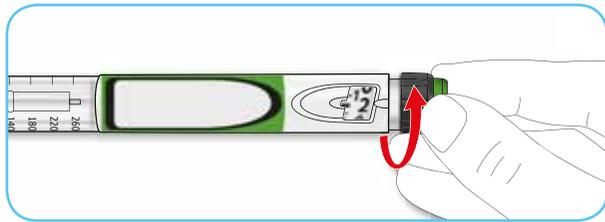


Step
2

Perform a safety test

You should perform this safety test before every injection. This removes air bubbles and helps to make sure the pen and needle are working properly.

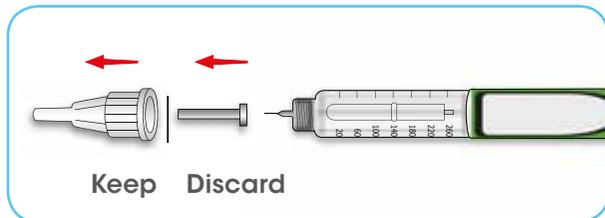
- a** Select a dose of 2 units by turning the dosage selector.



- b** Take off the outer needle cap.

Keep this for removing the used needle after your injection.

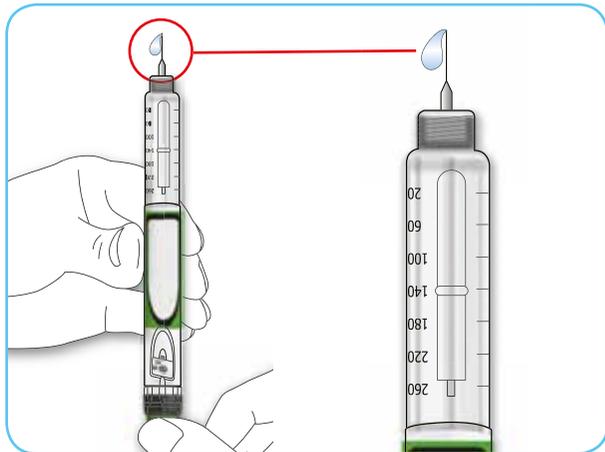
- c** Take off the inner needle cap and discard it.



Step
2

Safety test continued

- d** Hold the pen with the needle pointing upwards.
- e** Tap the insulin reservoir to make any air bubbles rise up towards the needle.
- f** Press the injection button all the way in. See if insulin comes out of the needle tip.



If insulin does not come out, you should repeat the test until it does.

If no insulin comes out after doing the test three times, change the needle for a new one and try again.

If you still do not see insulin at the tip of the needle, discard the pen and start a new one.

Step 3

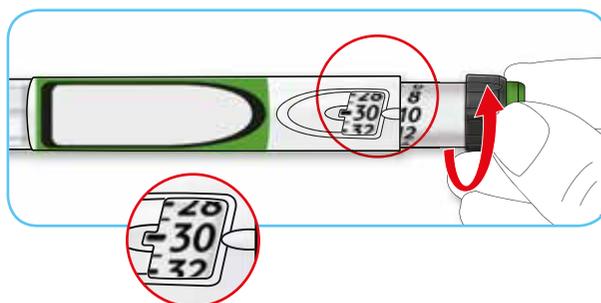
Select your dose

- a** Check that the dose shows "0" before you continue.

If not, dial the dose back to "0" before you continue.

- b** Select your required dose.

If you dial past your dose, you can dial back down. In this example, the selected dose is 30 units. Your dose may be different.



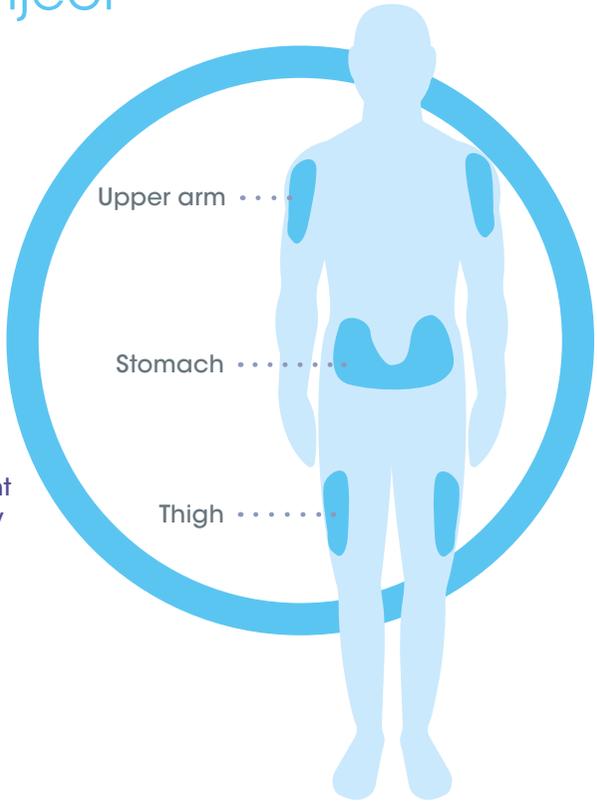
If you can't dial to the dose you want, check that you have enough insulin in the reservoir.

The device prevents you from dialling past the number of insulin units left in the pen.

If there is not enough insulin for a full dose, either use a new Insuman Basal SoloStar to 'top up' your dose, or start a new pen for your full dose.

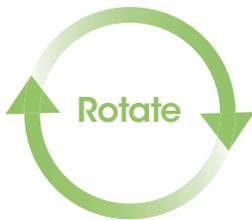
Where to inject

You can inject into one of three areas on your body.



! If you have eyesight problems, you may need someone to help you.

Injecting tips



Change your injection sites regularly to avoid skin changes



Do not pinch the skin

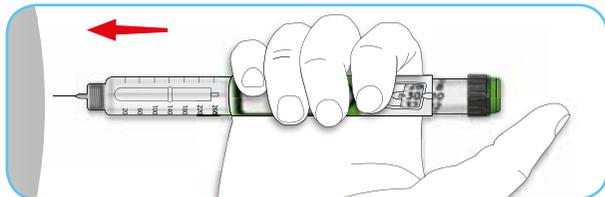


Do not rub the injection site after an injection

Step
4

Inject your dose

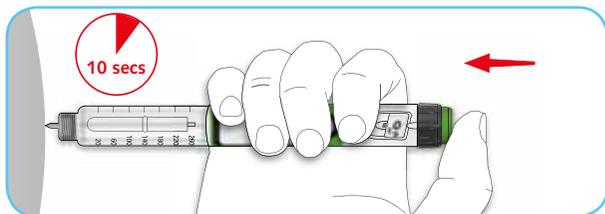
- a** Use the injection method as instructed by your diabetes nurse or doctor.
- b** Insert the needle into the skin.



- c** Deliver the dose by pressing the injection button all the way in.

The number in the dose window will return to "0" as you inject.

- d** Keep the injection button pressed in and slowly count to 10. Then withdraw the needle from the skin.



Insulin keeps coming out for a short while after you have pressed the injection button in. You must keep it pressed for 10 seconds to make sure you get your full dose.

Step
5

Remove the needle

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Always remove the needle after each injection and store the pen without a needle attached, this helps to prevent contamination and reduces the chance of air getting into the insulin reservoir or insulin leaking out.

- When removing the needle, take care to avoid touching the needle tip and particularly take care to prevent any other person risking infection by touching the needle tip.
- Always remove and discard of the needle safely as advised by your Healthcare Professional.

Storing your Insuman Basal SoloStar

Before you use the pens.

- Store your Insuman Basal SoloStar pens in their outer cartons in a fridge until you're ready to use them for the first time.

Don't let pens freeze, this will damage the insulin. Store them away from the freezer compartment of your refrigerator and away from any freezer packs.

- Cold insulin is more painful to inject, so before you use a new pen, take it out of the fridge and allow it to warm up for an hour or two.

Once a pen is in use.

- Once you take an Insuman Basal SoloStar out of cool storage, for use, or as a spare, it can be used for up to 28 days.

Step
5

Storing your Insuman Basal SoloStar *continued*

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- During this time you can store it at room temperature, but not higher than 25°C.
- Don't put it back into the fridge.
- Never leave it anywhere it might overheat, such as on a windowsill or inside a car in sunshine.
- Protect your pens from light.
- Check the expiry dates on the pen label or on the carton and do not use Insuman Basal SoloStar if the expiry date has passed.

After 28 days, discard your pen, even if it still contains insulin. Start using a new pen.

Cleaning your Insuman Basal SoloStar.

- If you need to clean the outside of your pen, wipe it with a damp cloth.
- Don't wet it, wash it, or use any soap or solvents.

FAQs about Insuman Basal SoloStar

What do I do if there are air bubbles in the pen container?

It is normal to have small air bubbles in the pen container and they will not harm you. Your dose will still be correct and you will be able to use the pen as instructed.

What if no insulin comes out during activation?

The needle may be blocked or not properly screwed on. Remove the needle and attach a new one. If still no insulin comes out, your Insuman Basal SoloStar may be damaged, so do not use the pen.

What do I do if it is hard to press the injection button all the way down?

Withdraw the needle and check that it is screwed on correctly. If it is still difficult to push the injection button the needle may be blocked, so remove it and attach a new one. If still no insulin comes out, your Insuman Basal SoloStar may be damaged, so do not use the pen.

What do I do if I accidentally inject myself before my Insuman Basal SoloStar is activated?

Do not try to correct this by giving yourself a second injection. Contact your doctor or nurse for advice on how to check your blood sugar.

Do I have to change my needle after each injection?

Yes – never use a needle more than once. This will help guard against infections at the injection site and stop the needle from becoming blocked.

What if I am taking (or intend to take) other medicines at the same time as Insuman Basal SoloStar?

You should tell your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines, as the effect of some medicines might be affected by Insuman Basal SoloStar. You may need to alter the time you take other medicines to avoid this.

If you are in any doubt about any of the FAQs, please speak to your doctor or nurse, or call:

Free Sanofi Diabetes Care Line 08000 35 25 25.
Available 24 hours a day, 7 days a week.

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:

Other

Name:

Tel:

Some more contacts you might find useful

Diabetes UK

www.diabetes.org.uk

Tel: 0345 123 2399

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: 0300 123 1044



REMEMBER

- ✓ Always carry a spare pen and spare needles in case your current one gets lost or damaged.
- ✓ Always use a new sterile needle each time you inject.
- ✗ Do not use a new pen straight out of the fridge as this will make your injection feel uncomfortable – wait at least one hour.
- ✗ Never share your pen with anyone else – your Insuman Basal SoloStar is meant for you alone.
- ✗ Never attempt to remove the insulin from your pen with a syringe.

For full safety information and instructions for use, please read the 'Instructions for use' leaflet in your Insuman Basal SoloStar pack.

This booklet is intended for people with diabetes who have been prescribed Insuman Basal.

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.

By reporting side effects you can help provide more information on the safety of this medicine. This booklet is intended for patients.

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