

  
JuniorSTAR®

# USER GUIDE



This patient booklet has been written and produced by Sanofi.



## USER INFORMATION

- Name:.....
- Address and contact number:  
.....  
.....
- Date of first use of JuniorSTAR®:  
(Your JuniorSTAR® insulin pen can be used for up to 2 years after first use)  
.....
- Insulin regimen:  
.....  
.....

## MY DIABETES TEAM

Diabetes Specialist Nurse

Name:.....

Contact number:.....

Diabetologist

Name:.....

Contact number:.....

Hospital Doctor

Name:.....

Contact number:.....

GP/Practice Nurse

Name:.....

Contact number:.....

### IMPORTANT

Discuss your insulin regimen with your diabetes team



# GETTING STARTED WITH JUNIORSTAR®

- JuniorSTAR® is a half-unit re-usable pen used to inject insulin
- Read these instructions and follow them completely each time you use JuniorSTAR® to ensure that you get the right dose. If you do not follow these instructions completely, you may get too much or too little insulin, which may affect your blood glucose
- If you are not sure how to use JuniorSTAR® on your own, make sure you only use JuniorSTAR® when you are with someone who can help you
- Your diabetes team has decided that JuniorSTAR® is appropriate for you, based on your ability to handle JuniorSTAR®. Talk with your diabetes team about the proper injection technique before using JuniorSTAR®
- Hold the pen as shown in this user guide. To ensure that you read the dose correctly, hold the pen horizontally, with the needle on the left and the dosage selector to the right as shown in the illustrations
- You can set doses from 1 to 30 units in steps of 0.5 units. JuniorSTAR® can only be used with Lantus®, Apidra®, Admelog®, Trurapi® and Insuman® 3 mL (300 units) insulin cartridges (U-100). Each cartridge contains multiple doses. Go to page 30 to find out which needles can be used with your JuniorSTAR® pen

- JuniorSTAR® is available in different colours. If you use different types of insulin, you should use a different colour pen for each insulin
- If you have any questions about your JuniorSTAR® pen or Type 1 Diabetes, please ask your diabetes team or call Sanofi Medical Information on 08000 352525

**IMPORTANT**

- Do not share your JuniorSTAR® pen - it is only for you
- Always have a back-up method for delivering your insulin available (e.g. a spare JuniorSTAR® pen and needles)

# KEY STEPS

**STEP1** - INSERT A NEW INSULIN CARTRIDGE \_\_\_\_\_ 10

**STEP2** - CHECK YOUR INSULIN \_\_\_\_\_ 14

**STEP3** - ATTACH A NEW NEEDLE \_\_\_\_\_ 15

**STEP4** - DO A SAFETY TEST \_\_\_\_\_ 16

**STEP5** - SELECT YOUR DOSE \_\_\_\_\_ 18

**STEP6** - INJECT YOUR DOSE \_\_\_\_\_ 20

**STEP7** - REMOVE THE NEEDLE \_\_\_\_\_ 22

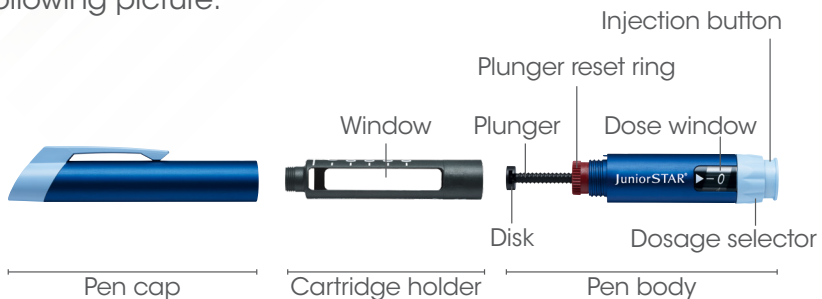
**STEP8** - STORE YOUR PEN \_\_\_\_\_ 23

## IMPORTANT

- Always talk with your diabetes team about the right injection technique before using your JuniorSTAR® pen
- Make sure you always follow all of these instructions. If not, you may not get the right dose of insulin, which may affect your blood glucose levels
- JuniorSTAR® is available in different colours. If you use different types of insulin, you should use a different colour pen for each insulin
- Always check the label of your insulin before use to ensure it is the correct type of insulin

# GETTING TO KNOW JUNIORSTAR®

- Your JuniorSTAR® pen has 3 main parts, as shown in the following picture:



- JuniorSTAR® exists in different colours. Demonstration is conducted in the blue pen, but does not change the usage
- If you use different types of insulin you should use a different colour for each insulin pen
- You can set doses from 1 to 30 units in steps of 0.5 units

In addition to your JuniorSTAR® pen, you will also need:

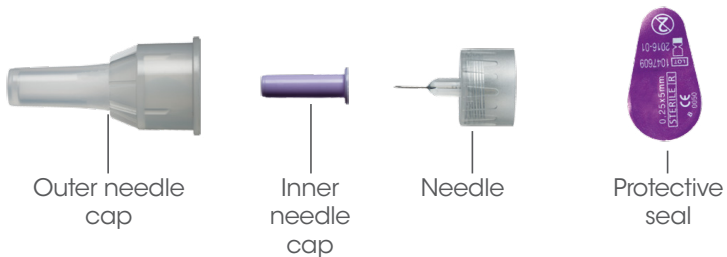
- Instructions for use leaflet that comes with your JuniorSTAR® pen
- A 3 mL Sanofi insulin cartridge (supplied separately)
- A pen needle (supplied separately)
- A sharps bin (supplied separately)



## IMPORTANT

- Do not share your JuniorSTAR® pen - it is only for you
- Always have an available back-up method for injecting your insulin (e.g. a spare JuniorSTAR® pen)
- JuniorSTAR® is available in different colours. If you use different types of insulin you should use a different colour pen for each insulin

- Your pen needle (not included with your JuniorSTAR® pen) could look like the following picture:\*



## IMPORTANT

- Go to page 30 to find out which needles can be used with your JuniorSTAR® pen
- Make sure you also read the instructions that come with your pen needles

\*Please note: needles shown for illustrative purposes only.

## STEP 1

# INSERT A NEW INSULIN CARTRIDGE

If you have already inserted an insulin cartridge into your JuniorSTAR® pen, start at **Step 2**.

## YOU WILL NEED TO INSERT A NEW INSULIN CARTRIDGE:

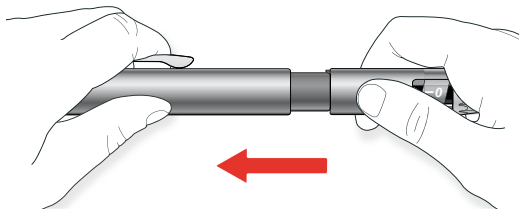
- The first time you use your JuniorSTAR® pen
- When you have run out of insulin
- When your insulin has expired

### IMPORTANT

- Never use a damaged or expired insulin cartridge and never insert a partially used insulin cartridge into your JuniorSTAR® pen
- Insulin expires 28 days after you have taken it out of cool storage, or by the expiration date, whichever comes first. The insulin should not be kept in the refrigerator once it has been attached to your JuniorSTAR® pen
- Your JuniorSTAR® pen can be used for up to 2 years after first use

## STEP 1 A

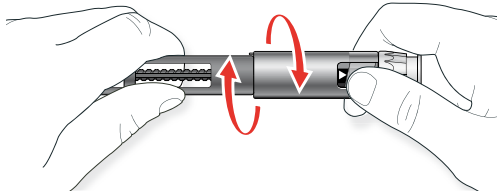
**Pull off the pen cap**



## STEP 1 B

### Unscrew the cartridge holder from the pen body

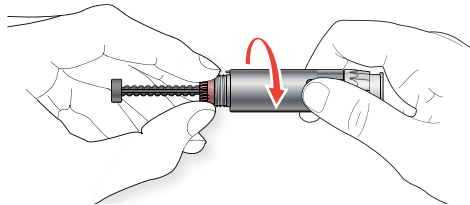
- If there is an empty insulin cartridge, remove it



## STEP 1 C

### Fully rewind the plunger to the starting position

- 1 If the dose window does not show the number "0", push the injection button completely down
- 2 Hold the plunger reset ring
- 3 Turn the pen body towards you until it cannot be turned further and the plunger is fully retracted



### IMPORTANT

- Do not touch the disk at the tip of the plunger and do not try to push the plunger back in
- This could damage the plunger and cause malfunction of the pen

## STEP 1

### STEP 1 D

## Check your insulin

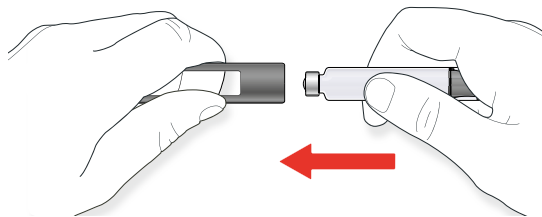
- Check the label on your cartridge to make sure you have the correct insulin. Using the wrong insulin may result in unwanted changes in blood sugar that could be harmful to your health
- Follow the instructions provided with your insulin cartridge to check expiry date and the conditions of your insulin

#### Tip!

When you need a new cartridge, take it out of the refrigerator 1-2 hours before - cold insulin is more painful to inject

### STEP 1 E

## Insert your new insulin cartridge into the cartridge holder

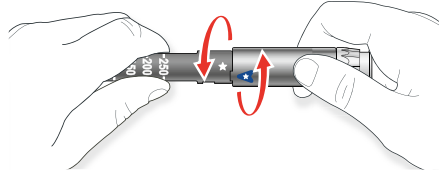


#### IMPORTANT

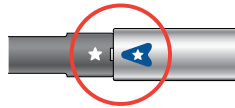
- Do not insert a partially used insulin cartridge
- Make sure that the name on the insulin cartridge is visible in the cartridge holder window

## STEP 1 F

**Screw** the cartridge holder firmly back onto the **pen body**



**Check** that the **marks** on the cartridge holder and the pen body **line up**



### What if the marks do not line up?

- **Unscrew the cartridge holder and repeat the instructions from STEP 1C onwards**
- **Do not try to force the cartridge holder onto the pen body**

# CHECK YOUR INSULIN

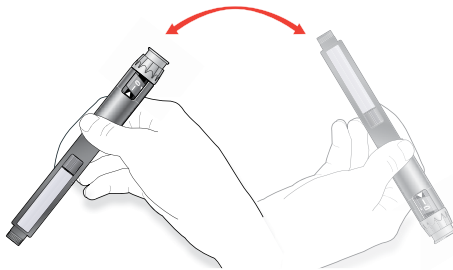
## IMPORTANT

- Check the name on the insulin cartridge each time before you inject
- In case the name of the insulin is not visible in the cartridge holder window, turn the cartridge with your fingers until the name is visible

## STEP2 A

### Check the **appearance** of your insulin

- If you are using **clear insulin** (check your insulin type in your insulin leaflet), do not use the cartridge if the insulin is cloudy or coloured
- If you are using a **suspension insulin** (check your insulin type in your insulin leaflet), turn the pen up and down at least 10 times to resuspend the insulin. Turn the pen gently to avoid foaming in the cartridge. After mixing, check the appearance of your insulin. Insulin suspensions must have an evenly milky-white appearance. Mixing is described in the leaflet of your insulin. Before every injection the suspension insulin has to be evenly mixed



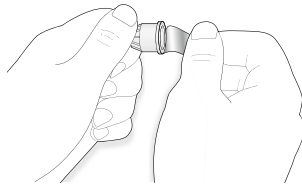
# ATTACH A NEW NEEDLE

## IMPORTANT

- Always use a new sterile needle for each injection. This helps prevent contamination and potential needle blocks
- Only use needles compatible with the JuniorSTAR® pen (see page 30)
- Check that you have read and understood the instructions supplied with your pen needles

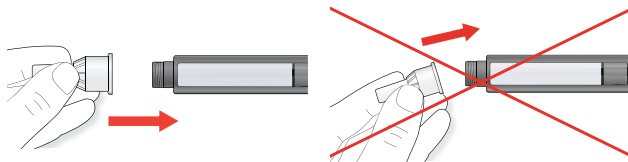
## STEP 3 A

Peel off the **protective seal** from your new pen needle\*



## STEP 3 B

Line up your pen needle with the end of the **cartridge holder**



- Keep your pen needle straight and screw or push it onto the cartridge holder until firmly fixed

**How do I know if my pen needle needs to be screwed or pushed on?**

**You can find this information in the instructions supplied with your pen needles.**

\*Please note: needles shown for illustrative purposes only.

## STEP 4

# DO A SAFETY TEST

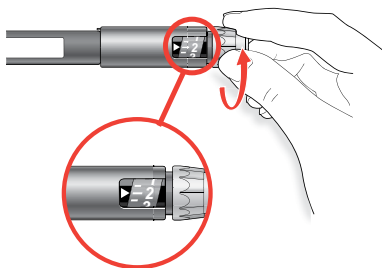
### IMPORTANT

- Always do a safety test before each injection to make sure that you get the correct insulin dose
- The safety test removes air bubbles and ensures that the pen and needle are working properly
- When dialing your insulin dose, hearing 1 "click" means you have turned 0.5 units (**dosing starts from 1 unit**)

## STEP 4 A

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

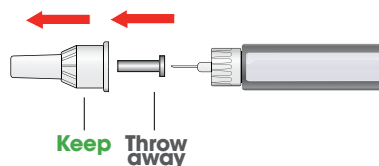
- The dose window will show the number "2"



## STEP 4 B

Pull off the **outer** and **inner needle caps** from your **needle**

- Keep the outer needle cap for Step 7
- Take off the inner needle cap and discard it

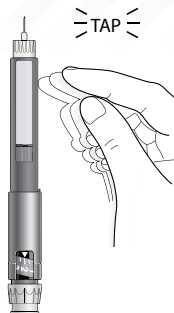




## STEP 4 C

Hold your JuniorSTAR<sup>®</sup> pen with the **needle pointing upwards**

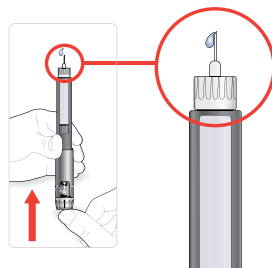
- Gently tap the cartridge holder a few times so any air bubbles rise up towards the needle



## STEP 4 D

Press the **dose injection button** all the way in

- 1 Check to see if drops of insulin come out of the needle tip
- 2 Once you have seen insulin coming out of the needle tip, you have completed the safety test



## IMPORTANT

- You may have to perform the safety test several times before insulin is seen

## What if there is still no insulin coming out of the needle tip after several tries?

- 1 Change your needle
    - Remove your needle (see Step 7)
    - Attach a new needle (see Step 3)
  - 2 Check the insulin cartridge
    - Has it been inserted properly? (see Step 1)
    - Is it damaged? (see Step 1)
  - 3 Repeat the safety test
- If there is still no insulin coming out, do not use your JuniorSTAR<sup>®</sup> pen, use your back-up injection method and contact your diabetes team

## STEP 5

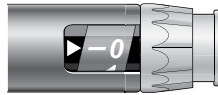
# SELECT YOUR DOSE

### IMPORTANT

- You can set the dose in steps of 0.5 units from a minimum of 1 unit to a maximum of 30 units
- The dose window shows every number and half-unit steps are shown with a line
- Each click represents a half-unit increment

## STEP 5 A

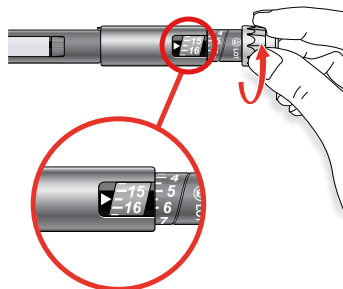
Check that the **dose window** shows the number "0" following the safety test



## STEP 5 B

Select your required dose by dialing the dosage selector clockwise

- If you turn past your dose, you can turn back down
- Lines or numbers closest to the centre of the dose window show your selected dose
- Do not push the injection button while dialing - insulin will come out



## **IMPORTANT**

How to read the dose window:

- Half-unit doses are shown as a line between numbers
- The dose window shows full numbers
- For example, the picture on the previous page shows what your JuniorSTAR® pen would look like if a dose of 15.5 units is dialed up

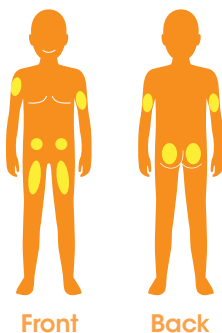
- You cannot turn the dosage selector past the number of units left in the cartridge. Do not force the dosage selector to turn. In this case you can:
  - EITHER: inject what is remaining in this cartridge and complete your dose with a new cartridge;
  - OR: use a new cartridge for your full dose

# INJECT YOUR DOSE

## STEP 6 A

Give the **injection** exactly as shown by your **diabetes team**

- Your diabetes team will show you how and where to inject

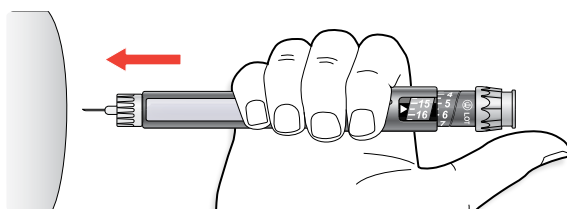


## IMPORTANT

- Always take care not to accidentally injure yourself or someone else with your needle for safety reasons

## STEP 6 B

Insert the **needle** into the **skin**



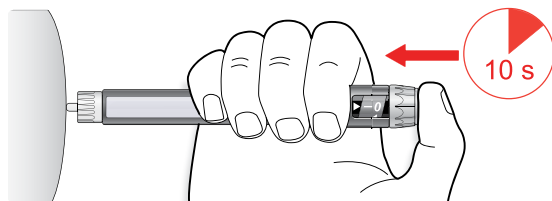
## STEP 6 C

Inject your dose by **pressing the injection button** slowly **all the way in**

- The number in the dose window will return to "0" while you inject

## STEP 6 D

Keep the **injection button pressed all the way in** and slowly **count to 10** before you remove the needle from the skin



- If you have injected your entire dose, you will see "0" in the dose window
- The pen plunger moves with each dose. The plunger will reach the end of the cartridge when the total amount of 300 units of insulin has been used



## IMPORTANT

- To make sure that the full dose is injected, it is important that you press the injection button all the way in and keep pressing it for 10 seconds

# REMOVE THE NEEDLE

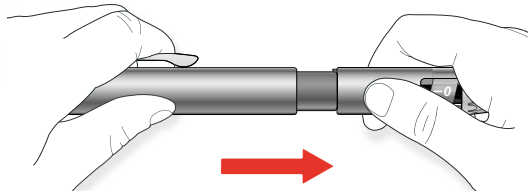
## **Remove and discard of the needle safely as advised by your healthcare professional**

- Always remove the needle after each injection and store JuniorSTAR® without a needle attached. This helps prevent contamination, inaccurate dosing and needle blocks
- Take care to avoid touching the needle tip and, particularly, take care to prevent any other person risking infection by touching the needle tip
- Remember to always take care not to accidentally injure yourself or someone else with your needle

# STORE YOUR JUNIORSTAR® PEN

## STEP 8 A

Put the **pen cap back on** and **store** it until your next injection



## How to store your JuniorSTAR® pen

- Always store your JuniorSTAR® without the needle and with the pen cap on, at a temperature from 5°C to 30°C, or with the cartridge included at a temperature from 5°C to 25°C
- Do not store your JuniorSTAR® pen in the refrigerator
- Read the information leaflet provided with your insulin for instructions on how to store your insulin cartridges correctly

## IMPORTANT

- The insulin cartridge is re-usable. Your JuniorSTAR® should be stored with the insulin cartridge attached, ready for your next injection
- Keep your JuniorSTAR® pen in a safe place
- You should not store your JuniorSTAR® pen in the refrigerator. The insulin should not be kept in the refrigerator once it has been attached to your JuniorSTAR® pen
- Never use your JuniorSTAR® pen if it is damaged or you think it might not be working properly
- Keep your JuniorSTAR® pen out of the reach and sight of other children
- Caution: small parts are a choking hazard to children under 3 years old

## Other useful information

### How to protect your JuniorSTAR® pen

- Protect your JuniorSTAR® pen from heat, direct sunlight, cold, but also dust and dirt
- Handle your JuniorSTAR® pen with care - avoid situations where it might be damaged
- If you are concerned that your JuniorSTAR® pen may be damaged, contact your diabetes team who will provide you with a new pen
- If damaged, it is no longer safe to use and should be disposed of in the way described by your doctor, nurse or pharmacist
- Carry a spare JuniorSTAR® Pen and needles in case your current one gets lost or stops working

### How to clean your JuniorSTAR® pen

- You can clean the outside of your JuniorSTAR® pen by wiping it with a damp cloth (water only)
- Do not soak, wash or put liquid on your JuniorSTAR® pen as this may damage it

### How to dispose of your JuniorSTAR® pen

- Your JuniorSTAR® pen can be used for up to 2 years
- After 2 years of using your JuniorSTAR® pen dispose of it safely according to local requirements
- Contact your diabetes team to get a new JuniorSTAR® pen
- Record the date you first used your JuniorSTAR® pen on the first page of this booklet



## No insulin is coming out (when the injection button is pressed in)

- **After changing the cartridge no insulin is coming out**

**Solution:** Repeat the safety test several times until insulin comes out of the needle

- **The plunger is not in the correct position against the cartridge**

**Solution:** Repeat the safety test until insulin comes out of the needle

- **There are air bubbles in the cartridge**

**Solution:** Repeat the safety test until insulin comes out of the needle (small air bubbles will not affect the dose)

- **The needle is blocked or damaged**

**Solution:** Replace the needle with a new one if it is blocked or damaged

- **The cartridge holder is not screwed completely onto the pen body**

**Solution:** Screw the cartridge holder onto the pen body until it reaches the stop position (the number "0" should be seen in the dose window)

# SHOOTING

## 2

### The injection button cannot be pressed in

- **The needle is blocked or damaged**

**Solution:**

- Dial back the dosage selector to the number "0"
- Replace with a new, full cartridge
- Use a new needle
- Repeat the safety test before injection

- **The needle has not been attached, or it has not been attached firmly enough**

**Solution:** Reattach the needle properly

- **No dose has been set**

**Solution:** Set the desired dose by dialing the dosage selector

- **You might be pressing the injection button at an angle**

**Solution:** Press the injection button straight down into your JuniorSTAR® pen, so that the dosage selector can be turned freely

## 3

### The dose window is not showing the number "0" after the injection

- **If the dose window shows any number other than "0" after the injection, the entire dose of insulin has not been injected**

**Solution:** Make sure that you press the injection button until the "0" position is reached. If this is not possible, you may not have injected your full dose. Do not try to make up the shortfall by giving a second injection (otherwise you may be at risk of low blood glucose). Please check your blood glucose level and consult your diabetes team

## 4

### The cartridge contains many bubbles

- **The pen has been stored with a needle attached**

**Solution:**

- Always store your JuniorSTAR® pen without a needle attached
- Perform the safety test until the large air bubbles are removed from the cartridge. If large air bubbles remain in the cartridge, replace the cartridge with a new one

- **The cartridge could be broken**

**Solution:** Replace the cartridge with a new one

## 5

### The dosage selector cannot be turned

- **The insulin cartridge does not contain enough insulin for your full dose**

**Solution:**

- EITHER: inject what is remaining and then complete your dose with a new cartridge
- OR: use a new cartridge to inject your full dose

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## The plunger cannot be screwed back to its initial position (after changing the cartridge)

- **The mechanism could be blocked because you have tried to extract more units from the cartridge than are present**

**Solution:** Hold the plunger reset ring firmly in one hand. Hold the dosage selector with the other hand. Turn the dosage selector back towards you until it reaches "0"

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## The cartridge holder cannot be screwed onto the pen body OR the rubber seal of the cartridge is bulging out

- **The plunger has not been screwed back completely to its initial position before the cartridge holder was attached**

**Solution:** Screw the plunger properly back onto the pen body and then attach the cartridge holder to the pen body

- **A dosage has been set and the injection button pressed without attaching the needle or when the needle is blocked or not properly attached**

**Solution:** If the rubber seal is bulging out, you may not be able to fix the needle properly. The rubber seal might even break. Please use a new insulin cartridge



# COMPATIBLE NEEDLES

## NEEDLES FOR JUNIORSTAR®

- Needles from Becton Dickinson and Company, Ypsomed, Artsana and Owen-Mumford are compatible with JuniorSTAR®
- Needles to be used with JuniorSTAR®:

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## NOTES

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### Reporting of side effects

If you experience 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 Yellow Card Scheme at [www.yellowcard.mhra.gov.uk](http://www.yellowcard.mhra.gov.uk).

Side effects should also be reported to Sanofi. Tel **0800 090 2314** or emailed to [UK-drugsafety@sanofi.com](mailto:UK-drugsafety@sanofi.com)

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

SANOFI

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Sanofi Medical Information

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SANOFI 